RUNNING THE RIGHT WAY
EAT WELL TO POWER YOUR BODY {page 21}

UBC UNDER SCRUTINY
GROUPS WANT DISCLOSURE ON ANIMAL TESTING {page 5}

PRIMAL
JOHNNY AND THE BOYS BRING IT YET AGAIN {page 15}

VANCOUVER metro®
Tuesday, October 12, 2010
www.metronews.ca

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Bell tolls for Games clock

- A crowd of more than 2,000 gathered to watch the clock's unveiling three-and-a-half years ago
- The Olympic clock is more than six metres tall and weighs almost 1,200 kilograms

JEFF HODSON
@METRONEWS.CA

Time has almost run out for procrastinators who haven't yet snapped a photo of the Olympic Countdown Clock outside the Vancouver Art Gallery.

The clock, which was unveiled 1,338 days ago at the three-year countdown to the 2010 Games, will be dismantled and split into two.

Preparations will begin today and the clock will be removed beginning tomorrow.

The Olympic side of the clock will be moved inside a renovated B.C. Place and will display the time of day and the date.

The Paralympic side will be shipped to the day lodge at the Whistler Olympic Park and will be used to count down to future special events.

For more news visit metronews.ca/local

JEFF HODSON/METRO VANCOUVER

▶ Two German tourists examine the Olympic Countdown Clock outside the Vancouver Art Gallery yesterday.

▶ Vancouver Mayor Gregor Robertson serves coffee during Thanksgiving dinner at the Union Gospel Mission on Cordova Street yesterday.

KRISTEN THOMPSON/METRO VANCOUVER

Mission dishes out dinner

The Mission served turkey dinner with all the trimmings to roughly 3,000 people at its eight locations across the Lower Mainland yesterday. Housing Minister Rich Coleman and Coun. Kerry Jang also helped dish out meals. Story, page 3.

Canucks win clash with cats

Daniel Sedin leads charge over Panthers {page 28}

Call to action for city's youth

Al Gore, Rick Hansen among planned We Day speakers {page 6}

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- Denise B., Calgary

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- Andrea S., Victoria

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- Johanne T., Vancouver

I have had 6 sessions with CDPC. The pain (which I have endured for the previous 15 years) has almost completely dissipated. As well, my posture has noticeably straightened. I anticipate a complete and lasting pain-free existence once the balance of treatments has been completed.

- Michael P., Vancouver

I have had a lot of problems with my lower back and with my sciatic nerve... I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone have lower back problems.

- Kenneth R., Edmonton

I will be forever grateful…the pain was excruciating and debilitating…I used to tell my friends and family that if I could cut off my leg I would…And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks…I am actually looking forward to being able to dance again.

- Rhona K., Calgary

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Thousands turn out for turkey feast

About 3,000 people served dinner by Union Gospel Mission yesterday

KRISTEN THOMPSON
@METRONEWS.CA

You know you're doing something right when attendees of the Union Gospel Mission's Thanksgiving dinner show up the following year as volunteers, the Mission's president said yesterday at the annual turkey dinner.

William Mollard said Thanksgiving dinner — served by caring volunteers in a family atmosphere — really can ignite an individual's spirit and become a turning point in their life.

"We're able to connect with (people) and build a relationship and trust," he said. Mollard said feeding thousands of people in one day should be "pandemonium," but after so many years it's become a "well-oiled machine."

The numbers

The Union Gospel Mission has been serving Thanksgiving dinner for 21 years.

During yesterday's dinner, the Mission served:

- 130 turkeys
- 1,200 pounds of mashed potatoes
- 700 pounds each of stuffing and vegetables
- 50 gallons of gravy
- 500 pumpkin pies

250
volunteers were at the Vancouver Mission yesterday.

▶ Volunteer Stefanie Makagon distributes turkey dinners at the Union Gospel Mission in the Downtown Eastside yesterday.

Ruling due today in B.C. sex-worker case

Lawyers testing prostitution laws in B.C. will find out today whether their three-year-old legal challenge will be allowed to proceed.

Two weeks ago, Ontario's Superior Court ruled that three of Canada's prostitution laws are unconstitutional because they put sex workers at risk.

A judge threw out a similar challenge in B.C. in December 2008, ruling that former sex worker Sheryl Kiselbach and a non-profit organization made up of street-based sex workers did not have the legal standing to challenge the law.

"Our case is brought by sex workers from the Downtown Eastside and it's driven by their experience," said Katrina Pacey, a lawyer with Pivot Legal.

The B.C. Court of Appeal will rule today on whether to uphold that decision or allow the case to proceed.

The B.C. case is broader than its Ontario cousin.

It argues, under Section 15 of the charter, that prostitution laws contribute to discrimination against and the inequality of sex workers.

JEFF HODSON

CAMPUS PROGRAM

Safety program's usage still 'low'

Only about three students a night used the University of British Columbia's Safewalk program in September despite the school's two recent sexual assaults, said Bijan Ahmadian, president of the Alma Mater Society.

"Safewalk is a very well-known service on campus, but its usage is low," Ahmadian said.

The RCMP issued a warning on Saturday after a woman was assaulted early Thursday morning.

It's the school's second sex assault since the beginning of September.

Ahmadian attributed low participation in the program partly to the new shuttle buses on campus, and partly to the fact that assaults at UBC are historically rare.

STEPHANIE ORFORD

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Easy tips for avoiding the dreaded 'Delhi belly' when eating in India. Video at metronews.ca/world

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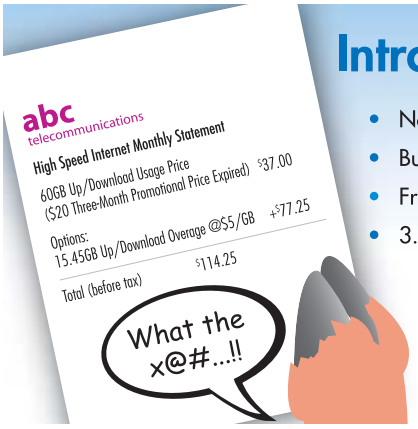

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GETTY IMAGES

▶ Henrik Sedin

Readers' comments

What do you think of Henrik Sedin as captain of the Canucks?

Jamil Murji
33, VANCOUVER
"(Ryan) Kesler should've got it because he's the next (Trevor) Linden. He's ... an up-and-comer, he should be the face of the team."

Zach Mathews
26, VANCOUVER
"It's totally awesome. He's surrounding himself with the right assistant captains, guys who can fill in where he's weakest."

Saam Nasipour
25, VANCOUVER
"With Hendrik as captain, (Roberto) Luongo can concentrate on goaltending instead of being spokesman for the team."

Olga Gonzales
28, VANCOUVER
"He's proven himself to the team and he's the leader in (point) scoring."

Lauren Larose
23, VANCOUVER
"It's good, but I feel sorry for his brother."

SARAH N. FITZGERALD

If you wanted to fish every day of your retirement, you'd naturally like some fish left, right?

Clean coastal water is important, and so is return on investment. That's why Vancity helped finance the profitable Tla-o-qui-aht First Nation's Canoe Creek Hydro plant, built to exacting environmental standards to reflect the First Nation's stewardship of the land. With annual revenues of $1.6 million, it appears what's good for business is also promising for our future fish stocks.

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Hornby. Trial

▶ Work has begun on the Hornby Street separated bike lane at Georgia Street.

JEFF HODSON/METRO VANCOUVER

Work gears up on Hornby Street separated bike lane

The right-turn lane onto Georgia Street from Hornby Street is closed as work on a separated bike lane through downtown gets underway. The lane trial was approved unanimously last week, despite opposition from businesses. The lane should open at the beginning of December.

Simpson backers pledge support on Facebook

MLA Bob Simpson is gaining Facebook friends and support after B.C. NDP Leader Carole James ousted him from caucus.

Simpson had said James's speech at the Union of B.C. Municipalities convention lacked specifics.

So far, more than 276 people have joined a Return Bob Simpson to the NDP Caucus Facebook page pledging their support to Simpson and democracy in general.

"Free speech has to be a front-burner issue for everyone," said Shawn Lowe on the page.

"Every strike against free speech is a strike against democracy itself."

For now, Simpson will be an independent member of the legislative assembly as there's no word yet on whether James would consider returning him to caucus.

SARAH N. FITZGERALD

Groups eye UBC research

A Vancouver animal rights group is calling on the University of British Columbia to unleash information about its extensive animal research program.

In a Thanksgiving Day letter to the school's president, 60 advocacy groups led by Stop UBC Animal Research have asked for disclosure on experimentation.

The groups are hoping to learn the numbers and species of animals used over the last 10 years, get research protocols, find out who's providing funding and to see photo and video documentation.

Spokesman Brian Vincent says the information will allow members of the public to decide how they feel about the issue, although his group does ultimately hope to end testing.

The public appeal comes after the volunteer group says they've been repeatedly denied Freedom of Information requests and meetings with UBC officials. The group formed in February after a UBC student publication reported the university is one of the largest bio-medical campuses in Canada, using cats, pigs, rats and rabbits for research.

THE CANADIAN PRESS

GETTY IMAGES

▶ Animal rights groups want to know more about using rats for research at UBC.

Body Worlds seeks brains and brawn

▶ Contest held in conjunction with Steve Nash Sports Clubs ▶ Entries will be accepted until tomorrow

KRISTEN THOMPSON
@METRONEWS.CA

Body Worlds is seeking out Vancouver's fittest man and woman to show that beauty really is more than skin deep.

The winners will be transformed into live exhibits at the Telus World of Science, which is hosting the Body Worlds and the Brain exhibit.

"We are looking for individuals who have a fit, healthy physique and a star personality, as they will act as ambassadors for the exhibition," said Pamela Saunders, with Body Worlds. "Through airbrushed body paint, they will be able to show off the muscles beneath their skin."

Get physical

The Body Words anatomy contest closes tomorrow.

- Interested contestants can submit a photo and biography to anatomy@bodyworlds.com.
- Finalists will compete in athletic challenges on Thursday at the Steve Nash Sports Club on Granville Street.
- Winners will receive a one-year membership to a Steve Nash Club. They will also participate in two paid public appearances — while painted head-to-toe — and get VIP passes to the Body Worlds.
- For more information visit the Gunther von Hagens' Body Worlds page on Facebook.

200 The Body Worlds exhibit at Science World presents more than 200 authentic plastinated human specimens.

FACEBOOK.COM

▶ Ms. and Mr. Anatomy Calgary winners Samantha Yonev and Tanner Hubscher, before and after their Body Worlds paint job.

RCMP going digital to unearth clues

B.C. RCMP are encouraging people to join them on Facebook and Twitter as Mounties find that virtual connections are helping solve real cases.

"We developed (these pages) so that we could engage more directly with you — the people we serve," the RCMP said in a release.

For example, a blind man reported missing last month was quickly found with help from Twitter users. The B.C. RCMP Twitter account has 2,400 followers.

SARAH N. FITZGERALD

News in brief

Parents, girl in boat accident

SOOKE BASIN. Two parents and their seven-year-old daughter are recovering from a boating incident after quick action by people who heard their screams. The family was out in a 12-foot inflatable with no adult lifejackets, paddles, or communication devices when they lost power off Vancouver Island's southern tip.

THE CANADIAN PRESS

Correction

The sixth annual Art Show For B.C. Artists With Developmental Disabilities takes place at Heritage Hall this Thursday. Metro reported the wrong date last week. For event info visit posabilities.ca. METRO VANCOUVER

News in pictures

PHOTOS
1- FLICKR.COM
4-B.C. HYDRO
5-CANADIAN BLOOD SERVICES

1 Vancouver police have identified a man murdered in East Vancouver last week as Theodore Williamson, 54. Williamson is the city's ninth homicide victim. KRISTEN THOMPSON

2 Delta police are warning that a man may be trying to lure children by claiming he's a cop. An eight-year-old girl was approached by a man who produced a badge from his wallet. She quickly ran off to school. KRISTEN THOMPSON

3 A business group in Strathcona is mulling the idea of building 30 micro community gardens in run-down areas of the neighbourhood. The Strathcona BIA has applied for a national grant to fund the project. KRISTEN THOMPSON

4 Stanley Park is one of 40 B.C. locations featured in the new board game Earthopoly: Team Power Smart Edition. The limited edition game is available for $19.99 for Team Power Smart members. For info visit bchydro.com. KRISTEN THOMPSON

5 B.C.'s first bloodmobile — a 60-foot portable tractor-trailer with four donor beds and two screening rooms — launched this weekend. It's expected to collect up to 8,000 more donations each year, including from the Burke family — Tony, Jade and their daughter Leelou. METRO VANCOUVER

METRO VANCOUVER FILE PHOTO

▶ Former U.S. vice-president Al Gore will be in Vancouver Friday for We Day 2010.

Gore, Hansen to headline We Day

Third annual day of youth empowerment features celebrated speakers

On Friday, thousands of youth will descend on Rogers Arena for the third annual We Day in Vancouver. The free event was launched in 2007 and celebrates the power of young people to create positive change.

Speakers this year include Martin Sheen, Rick Hansen, Rev. Jesse Jackson and Al Gore, who will speak about the issues that threaten the planet.

Metro asked Craig Kielburger, co-founder of We Day, about the impact today's youth will have an on environmental sustainability.

How is this generation of kids going to set the tone for caring for the planet for future generations?

"Fifteen years ago, we rarely heard about interconnectivity. The challenges facing the world were seen as individual threats — the environment, poverty, human rights. Young people (today) understand if we want to tackle these problems we have to see them as inextricably linked.

"I often speak with young people who have just returned from Kenya. They see firsthand that global warming, a product of our lifestyles in the industrialized world, is causing droughts and unpredictable rains. They also realize that by making small changes in their daily lives and taking a holistic approach to development, their impact can go much further. By recognizing the interconnected nature of our world, this generation will lead us into a better future."

KRISTEN THOMPSON

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DARRYL DYCK/THE CANADIAN PRESS

▶ A rehabilitated harbour seal scurries towards the waters of Howe Sound.

Seal ya later!

Seals were rescued and tagged Typically released when they get to target weight, start eating on their own

For Vancouver aquarium volunteer Debbie Favero, this weekend's release of 14 harbour seals back into the wild could only be described as bittersweet.

"We are trained not to get emotionally attached to the seals, but once they have been released and look back at you with their big eyes, it is almost as if they are asking you why you aren't coming with them," she said.

Aquarium veterinarian Martin Haulena said seal pups and their mothers separate after four weeks and those that were rescued suffered from infection, dehydration or other forms of illness.

Of the seals that have been brought in to the aquarium so far this year, more than 70 per cent have survived, Haulena said.

He added that most of the aquarium's rescue calls come from members of the public — although not all needed rescuing.

"What happens a lot, particularly with harbour seal pups, is they're not actually in trouble and they're just sort of waiting around for mom."

THE CANADIAN PRESS

Rescue/release

Seals generally stay at the rescue centre about 12 or 13 weeks.

▶ More than 150 abandoned, injured or sick harbour seal pups have been rescued so far this year. About 60 have been released.

Berner gets life in jail for stabbing

A B.C. Supreme Court jury has found a Richmond man guilty of second-degree murder in a stabbing death after a fight on a transit bus.

The jury came back with the verdict for Joshua Berner yesterday after deliberating through the long weekend.

He will spend life in prison for the murder of 23-year-old Benjamin Warland, in February 2009.

Berner is the son of Carol Berner, who was convicted of dangerous driving causing the death of four-year-old Alexa Middelaer.

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9182 – 120th Street
1 - 8388 – 128th Street
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370 East Broadway
6338 Fraser Street
8269 Granville Street
7058 Kerr Street
3189 Main Street
481 Robson Street
665 Robson Street
1191 Robson Street
6596 Victoria Drive
519 West Broadway
2959 West Broadway
Arbutus Village
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Oprah upset over woman's acquittal

- State has no plans to appeal
- Winfrey promises school overhaul

A woman accused of abusing teenagers at Oprah Winfrey's school for girls in South Africa was acquitted of the charges yesterday, and Winfrey said she was "profoundly disappointed" by the trial's outcome.

Prosecutors had accused former school matron Tiny Virginia Makopo of trying to kiss and fondle girls at the school soon after it opened in 2007 outside Johannesburg. Makopo also had been accused of assaulting one of the teens as well as a fellow supervisor.

Mthunzi Mhaga, a spokesperson for South Africa's National Prosecuting Authority, said yesterday that Makopo had been acquitted of the charges.

"The magistrate indicated that the state did not prove its case beyond reasonable doubt on all the charges," Mhaga said.

THE ASSOCIATED PRESS

Oprah's school

The lavish $40-million US Oprah Winfrey Leadership Academy for Girls, which opened in January 2007, aims to give girls from deprived backgrounds a quality education in a country overcoming apartheid.

- **Campus** The school is spread across a 22-acre campus, with computer and science labs, a library, and wellness centre.
- **Environment** Winfrey said the school's staff are committed to providing a nurturing educational environment.

9 "I will forever be proud of the nine girls who testified with the courage and conviction to be heard," said Winfrey.

JEROME DELAY/THE ASSOCIATED PRESS

▶ Tiny Virginia Makopo, 27, is seen in this 2008 file photo.

Enter the world's largest photo contest

2009 WINNER: HAZEL COONAGH

Hazel Coonagh, an Irish reader and one of the Metro Photo Challenge winners from last year, chose to go to New York for her prize. "(The Metro Photo Challenge) was a huge honour and surprise," she said.

Interested?

The Metro Photo Challenge is open to both amateur and professional photographers.

- **The winner** of the worldwide photography contest will be awarded a trip for two to a city where Metro publishes.
- **For more details,** or to register, visit metrophotochallenge.ca

▶ Hazel Coonagh shot this photograph of an abandoned lot on her Photo Challenge winner's prize trip.

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Belly laughs good for heart

Laughter therapy may be just the right medicine, as hospitals warm up to idea Businesses catch on

What if you could laugh your problems away?

It's no joke: Proponents of laughter therapy believe a daily dose of hearty giggles and belly laughs can help one relax, feel better and reduce stress levels.

Although the idea has been around since the 1970s, laughter therapy has gained more steam in recent years.

Now, seminars are increasingly common in hospital and workplace settings and, in a sign of its mainstream appeal, laughter therapy has been featured on The Oprah Winfrey Show.

In Canada, the business of laughter is booming. Every province has certified laughter leaders.

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Ha, ha, ha.

And the therapy is being used everywhere: With cancer patients; in the workplace to try to foster a stress-free environment; and even in the treatment of alcohol and drug addiction.

Laughter has been shown to increase endorphins, improve relaxation through the lowering of blood pressure, reduce stress and increase muscle function. Part of the appeal of laughter therapy is that it's easy and can be done anywhere.

"It's ours and it's with us every second of every day," said Cheryl Oberg, a Calgary-based laughter specialist. "We can share it with others, we can use it in relationship building, it's the No. 1 universal language around the world — everyone speaks the language of laughter."

Any stress and anxiety present is gone, and the positive energy is flowing.

THE CANADIAN PRESS

Chile. Miners

▶ Relatives of a trapped miner wait for word on engineering efforts outside the mine.

NATACHA PISARENKO/ASSOCIATED PRESS

Rescue nears for 33 trapped men

If all goes well, everything will be in place late today to begin pulling out the 33 Chilean miners who have braved two months underground, officials said.

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Microsoft bets big on new smartphones

- Company's new handsets to go up against iPhones
- Last new phone software package had dismal sales

After years of declining sales of phones based on Microsoft's Windows Mobile software, the company is starting with a fresh slate — a completely new operating system for phones.

The new handsets will go up against Apple Inc.'s highly popular iPhone and the expanding number of phones running on Google Inc.'s Android operating system.

The first phone with Windows Phone 7 Series will be the Samsung Focus, which hits AT&T Inc. stores Nov. 8 for $200 US with a two-year contract requirement, Microsoft said yesterday. It will be closely followed by two more phones for AT&T, made by LG Electronics Inc. and HTC Corp., and one for T-Mobile USA, also made by HTC.

RICHARD DREW/THE ASSOCIATED PRESS

▶ The Samsung Focus will be the first phone with Windows Phone 7 Series

In May, Microsoft launched another new phone software package, Kin, only to yank it about two months later in the face of dismal sales.

Windows Phone 7 Series is a different beast, and Microsoft is putting its full weight behind it.

5 In the most recent quarter, Microsoft's older system, Windows Mobile, accounted for just five per cent of the worldwide smart phone market.

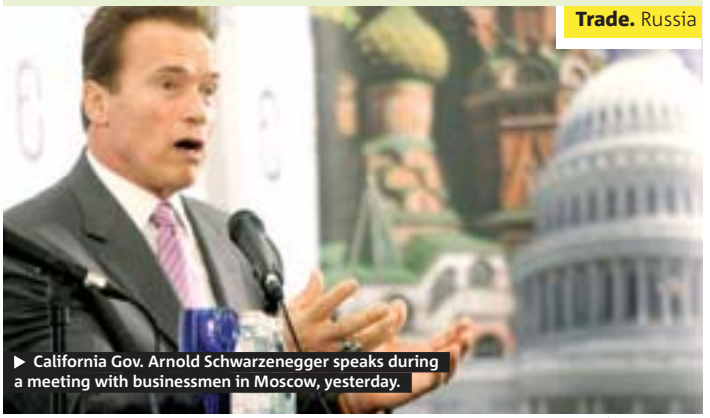
In all, Microsoft announced nine phones for the U.S. market yesterday, including one from Dell Inc., and it has lined up 60 carriers in 30 countries to carry Windows Phone 7.

A spokesperson for Microsoft Canada has said a number of Windows Phone 7 devices will be available through Canada's big three wireless carriers on Nov. 8.

Canadian pricing has not yet been announced.

THE ASSOCIATED PRESS

Trade. Russia



▶ California Gov. Arnold Schwarzenegger speaks during a meeting with businessmen in Moscow, yesterday.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Arnie eyes 'gold mine' in Russia

Arnold Schwarzenegger praised Russia yesterday as a "gold mine" for foreign investors, during a trade mission intended to help expansion of Silicon Valley companies. He is leading a delegation of Silicon Valley business leaders and venture capitalists on a trip intended to help connect them with Russian counterparts.

Google drives into the future

Google Inc. is road-testing cars that steer, stop and start without a human driver, the company says.

The goal is to "help prevent traffic accidents, free up people's time and reduce carbon emissions" through ride sharing and "the new 'highway trains of tomorrow,'" project leader Sebastian Thrun wrote on Google's corporate blog on the weekend.

The cars are never unmanned, Thrun wrote.

He said a backup driver is always behind the wheel to monitor the software.

THE ASSOCIATED PRESS

'Napster moment' for ebooks?

Scores of readers have embraced devices like Kindles and iPads, but their newfound popularity has also brought about concerns that ebooks are having a "Napster moment."

Google searches for illegal downloads are up 50 per cent in the last year. Publishers hope to appeal to readers to make the right choice, said Jim Pitkow of Attributor, a company that attempts to track and fight copyright infringement.

"I think there's a hope that we can do things different than the other industries have done before," he said, with a particular nod to the music industry.

THE ASSOCIATED PRESS

Rio readers now get a taste of Metro

Metro has expanded its global presence again. Metro Rio de Janeiro launched Sept.30.

Metro is the world's largest global newspaper with a unique reach of more than 17 million daily readers. It's published in 15 languages across 19 countries, and distributed in more than 100 major cities throughout North and South America, Europe and Asia.

METRO

Market moment

PRICES AS OF 5 P.M. YESTERDAY

Oil	Natural gas 1,000 cu ft
– 45¢ US ($82.21 US)	$3.612 (– 3.9¢)
	Gold contracts $1,353.30 (+ $9.10)
Dollar	**TSX**
$98.88 US (Friday)	12,535.59 (Friday)

JODI HILTON/GETTY IMAGES

▶ Professor Ted Sargent in the laser lab at Massachusetts Institute of Technology.

Professor of the miniscule makes a huge impact

Sargent's company, InVisage, sampling sensors to cellphone makers ◐ Planning manufacture in Taiwan

Professor Ted Sargent's new nanotechnology-based QuantumFilm image sensor chip, which may soon help you take better pictures with your cellphone camera, has won the Wall Street Journal's top award for technological innovation in the area of semiconductors.

"What QuantumFilm does is it brings all the benefits of old-fashioned film and integrates them on to a chip," says Sargent, who at 37 holds the Canada Research Chair in Nanotechnology at MIT.

2011
InVisage's target date for availability of QuantumFilm sensors in consumer phones is late 2011.

By adding a layer of tiny "quantum dot" semiconductors to an image sensor similar to the ones currently used in cellphone cameras, the QuantumFilm sensor is designed to capture more than 90 per cent of available light to create a digital image, instead of the approximately 25 per cent captured by standard silicon-based sensors. The quantum dots are mere millionths of a millimetre wide.

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DECIPHERING THE FIFTH DATE VANISHING ACT

She says ...

JESSICA NAPIER

Have you ever gone out with a guy on a few great dates and then — POOF — all of a sudden he's gone without so much as an "I'm really busy right now" voice mail?

Of course you have (OK maybe you haven't) because it seems as though these disappearing daters are becoming a problem so rampant they might as well be bedbugs.

In the past few months I've watched a number of my single girlfriends repeat the same disastrous dating pattern. They meet a guy, date him for a month and then never hear from him again. What the hell fellas? Are men just cowards when it comes to confrontation or are you getting lost in some sort of fifth date vortex that I'm unaware of?

In a recent conversation with a womanizing friend of mine, we'll call him Richard (10 points if you can guess the subtext of his alias), I posed the question, why do guys vanish?

He offered a number of reasons why someone who seems interested might suddenly drop off the face of the Earth. Maybe he's a commitment phobe or there was an ex-girlfriend who wasn't really that "ex" after all. Or perhaps, as Richard so delicately put it, something better (i.e., someone hotter) came along.

Charming.

"He admits the theory is flawed; basically, men just don't want to see women cry."

But the question isn't why your guy lost interest, but why he wouldn't bother to tell you. Richard rationalizes, and I'm being generous with the word "rational" here, that ignoring you is actually the more compassionate approach. "If there's no confrontation, how can she get hurt?"

He admits the theory is flawed; basically, men just don't want to see women cry.

Newsflash gentleman, we're not as fragile as you might think. We'll get over you (you were probably a jerk anyway). If it's not meant to be we understand, but at least have the decency to fill us in.

And while he's reassessing his single status we're left dreaming up elaborate excuses to explain where Mister MIA might be. "I'm sure he hasn't called because he's really busy at work/lost his phone/got hit by a bus" etc. Soon enough it becomes heartbreakingly obvious that he's decided to dump you without getting his hands dirty.

Let's face it, ultimately we'll never really understand where these hunky Houdinis go and why on Earth there isn't any cellphone reception there. It's best to just forget about him. If you have been a victim of the fifth date vanishing act don't let it discourage you. After all, the show must go on.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Fly me to the moon

Worth mentioning

Virgin Galactic's space tourism rocket SpaceShipTwo achieved its first solo glide flight Sunday, marking another step in the company's eventual plans to fly paying passengers.

SpaceShipTwo was carried aloft by its mothership to an altitude of 45,000 feet and released over the Mojave Desert. After the separation, SpaceShipTwo, manned by two pilots, flew freely for 11 minutes before landing at an airport runway followed by the mothership.

The entire test flight lasted about 25 minutes.

The final frontier

The six-passenger SpaceShipTwo is undergoing rigorous testing before it can carry tourists to space. In the latest test, SpaceShipTwo did not fire its rocket engine to climb to space.

Until now, SpaceShipTwo has flown attached to the wing of its special jet-powered mothership dubbed WhiteKnightTwo.

Sunday was the first time the spaceship flew on its own.

The news was hailed by space tourism advocates.

Tickets to ride aboard SpaceShipTwo cost $200,000. Some 370 customers have plunked down deposits totalling $50 million, according to Virgin Galactic.

THE ASSOCIATED PRESS

What did you want to be when you were a child?

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Metro Minute at the old morgue

Monday and Tuesday evenings through October, the Vancouver Police Museum is offering a spine-tingly, hair-raising tour in one of the city's spookiest buildings — the old morgue. The building, located at 240 East Cordova St., was built in 1932 and was home to the Vancouver's coroner service and bureau of police science. Between 1950 and 1980, an average of 1,100 cases a year — accidents, homicides, suicides — passed through the city morgue. The 90-minute tours begin at 6:30 p.m. Tickets are non-refundable and available at policemuseum.ca. Because of the graphic nature of the material, the experience is restricted to adults (18+).

JEFF HODSON

▶ Tours of Vancouver's decommissioned morgue are being offered ahead of Halloween.

More pain in the funny bone

- Jackass 3-D takes bathroom humour to a whole new level
- Aging stooges have no plans to retire

▶ Jackass director Jeff Tremaine: "By chance we ended up with a really extraordinary group of idiots."

PHIL BROWN
SCENE@METRONEWS.CA

For anyone who enjoys the simple pleasure of watching a grown man get kicked in the groin and covered in fecal matter until he vomits, there is no movie more highly anticipated than Jackass 3-D.

This celebration of stupidity has been a pop culture institution for a decade, spanning a successful TV series and three movies.

"If you had told us 10 years ago we would make a 3-D movie, we'd probably laugh in your face," Jackass creator/director Jeff Tremaine said.

Critics who despise the group's love of bathroom humour and pain may never understand it, but there is an innocent joy to their slapstick antics that isn't far removed from The Three Stooges.

"It's a really primal type of funny," claimed Johnny Knoxville, who has become a star through the series.

"On this movie, I got a concussion, whiplash, stitches, and a dislocated shoulder.

Stunts

Knoxville And Tremaine on turning down Jackass stunts:

- **JK:** "We're all willing to do the stunts. The only time that we won't do a stunt is if the spirit isn't right. Everyone has to feel like, 'Ok, this is going to suck, but we're going to do it.' But if there's a negative vibe going around the set, we'll say 'ok, let's not do that stunt right now.
- **JT:** And that's extremely rare. When we get the guys together, it's usually gold.
- **JK:** "Wrangling the guys is tough. Pontius has his own personal wrangler. ... We were shooting the 3-D test ... and right in the middle of the scene Pontius just walked out. We were like, 'Where are you going?' He just said, 'I'm going to buy some chewing tobacco.' So we have someone with him all the time now."

Classic moments of Jackass

For 10 years no one has mastered comedic masochism quite as well as the lovable morons of Jackass. With the upcoming Jackass 3D promising to send self-inflicted pain and poo jokes into a new dimension, we thought we'd take a look back at some of the best (or worst) moments in the history of the franchise.

The Self-Defense Test
The stunt that started it all. Then freelance writer Johnny Knoxville decided to test mace, a taser, and a stun gun on himself to determine the effectiveness of the self-defense devices. Unsurprisingly the final verdict was that they all work, but the tape was shockingly hilarious, caught Larry Flynt's attention, and spawned a franchise.

The Cup Test
Being John Malkovich director Spike Jonze is an unexpected Jackass collaborator and one of his greatest contributions was the idea for this TV sketch in which Johnny Knoxville donned a sports cup and tested its durability against the likes of paintballs and a sledgehammer. It hurt and we all laughed.

The Fart Mask
What happens when you trap a fart and the charmingly insane Steve-O inside a diver's helmet? Comedy genius. What exactly happens during this minute-long clip defies explanation and needs to be seen to be believed. Simultaneously one of the funniest and most disgusting things you'll ever see. A statement that sums up the appeal of Jackass in a nutshell.

PHIL BROWN

2 scene

HBO

HBO says Al Pacino is set to star as legendary record producer Phil Spector in a TV film to be written and directed by David Mamet.

The film will tell the story of Spector, who long ago recorded such acts as the Beatles, Cher and the Ramones. Now, at age 70, he's serving a prison sentence of 19 years to life for murder. He was convicted for the 2003 shooting death of actress Lana Clarkson.

THE ASSOCIATED PRESS

Jay Leno drops by Sarah Palin's hometown, cuts ribbon to open recruiting office. Scan code for story.

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A Boardwalk empire

Atlantic City roars into the 1920s
Lavish casino-hotel will draw inspiration from hit HBO show

▶ Michael Pitt, left, and Steve Buscemi, right, star in HBO's Boardwalk Empire

Resorts Atlantic City, the nation's first casino to open outside Nevada, will adopt a roaring '20s theme to capitalize on the success of Boardwalk Empire, the HBO series about Prohibition-era Atlantic City.

Dennis Gomes, who is buying the casino-hotel with developer Morris Bailey, says dealers, cocktail servers, bellhops and others will dress in 1920s-period costumes, music from that period will play, and even the drinks and casino shows will have a roaring '20s theme.

"A lot of people here are learning 1920s songs now," Gomes told The Associated Press in an interview yesterday morning.

Gomes said the new theme is his plan to remake and save the struggling casino, which is being sold because its former owners stopped making mortgage payments due to the poor economy and cutthroat competition from slots parlours in neighbouring states.

The roaring '20s theme is part of the nationwide fascination with Boardwalk Empire, but also a nod to Resorts' own history. Its main building was built in the 1920s and the decor is already faithful to that period.

The 1920s were "more than just a decade in a history book. It was a decade that defined and shaped our nation,'' Gomes said. "Beyond that, it was fun, adventurous and exciting, a period in time where people simply let loose to give way to a lifestyle where entertainment was king."

"Resorts will be all of that," he said. "It will define and shape the direction Atlantic City needs to take to survive in an increasingly competitive market. It will be luxurious, it will be fun and it will be one of the leading entertainment spots in Atlantic City."

Resorts is based in what was originally built as the Chalfont-Haddon Hall Hotel, which has been shown as part of the skyline in Boardwalk Empire.

A recent interior renovation was done in 1920s style, eliminating the need for expensive construction. Gomes estimates the new costumes will cost about $1 million.

"It seemed like such a natural," he said. "The property was built in the 1920s and the decor already was from the '20s."

Among the touches being planned: a strolling violinist in a zoot suit, wandering around the casino floor and lobby, playing songs from the '20s and '30s. Whiskey will of course be served,

The changes will take effect in early December. THE ASSOCIATED PRESS

Mars taints his image

Bruno Mars should be having the best week ever: He has the No. 1 song in America, his debut album, Doo-Wops & Hooligans, was released this week and his 25th birthday was on Friday.

But while singer-songwriter-producer has much to smile about, at the same time, his success is being tainted by a recent felony charge. Mars was arrested last month for allegedly possessing 2.6 grams of cocaine after performing at a Las Vegas nightclub. He's due in court Nov. 18 and if convicted, he faces up to four years in prison and a $5,000 fine. But some industry experts believe the drug charge won't do much harm to the singer's rising career.

"I don't think he meant it to come off that way, but his recent arrest shows that he has a little bit of edge I suppose," said Craig Marks, the editor of Billboard.

Marks said the arrest might have the unintended effect of introducing Mars to a wider celebrity audience than he would have enjoyed before.

"It's not the best kind of publicity and hopefully it doesn't really indicate some kind of deeper problem," Marks said, "but the fact is that I don't think it will harm his following."

The drug charge for the talented musician comes as a surprise. Though a newcomer, the image Mars built was an easygoing, wholesome one.

He's the man with the cooing falsetto and guitar grooves, behind the scene and in front of it. He sang on, co-wrote and co-produced two of the year's biggest songs: Travie McCoy's Billionaire and B.o.B's Nothin' on You. And Mars' own single, Just the Way You Are, has made it to the top spot of Billboard's Hot 100 chart. THE ASSOCIATED PRESS

SUBMITTED

▶ Bruno Mars had a wholesome image up until his arrest.

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A series survivor

Jesse Williams stays on Grey's Anatomy, and gets a girlfriend

JESSICA CARLESON
SCENE@METRONEWS.CA

Grey's Anatomy has reached its seventh season. Season Six ended with a shoot-out at Seattle Grace Mercy West Hospital, but the one who survived was Dr. Jackson Avery. Jesse Williams is happy to stay on and continue to be a regular in the immensely popular hospital series.

"It was tough that some characters were killed at the end of Season Six, I had become friends with everybody. I'm glad my character survived though," he tells Metro.

The new season starts with a counselling session for the survivors.

"I think the tragedy will bring people closer together," he says.

Dr. Jackson Avery, the character Jesse Williams portrays in Grey's Anatomy, has now been made a regular on the cast.

"It was very exciting. I'm very happy and honoured. I spent a year discovering my character and didn't know if I'd stay in the show for a long time or just one episode."

Metro asked Williams if he himself has any similarities with the TV character he plays.

"Some," he replied. "We are both very competitive and passionate about winning. Jackson is more stubborn but also a bit nicer than I am. There are some similarities, but enough differences that makes it fun to work on his character."

"We are both very competitive and passionate about winning"
JESSE WILLIAMS

▶ Jesse Williams says he's glad his character survived the Grey's Anatomy finale last season.

The secrecy surrounding the plot remains strong, even for the actors, but Jesse Williams is sure of one thing — Dr Jackson Avery will get a girl.

"I don't know who or when but I'm sure it will happen soon. I don't know if it will be a girl from the show or a new character but I hope to find out soon."

Williams also offered some thoughts on his latest big screen venture, The Cabin in the Woods, a tongue-in-cheek thriller-horror movie also starring Hollywood veteran Richard Jenkins.

"It was really a great experience (starring in The Cabin in the Woods). (Director) Joss Whedon is great. It's a horror movie so there was a lot of blood and monsters. It was very intense; I've never done anything like it before.

"I hope it will be released in the beginning of next year as planned."

Profile

- **Name** Jesse Williams
- **Age** 29
- **Lives** In Los Angeles and New York
- **Family** Engaged to Arin, who works in real estate. Has a Swedish mother and an African-American father.
- **Current role** Plays Dr. Jackson Avery in Grey's Anatomy, the hit U.S. medical drama series that has reached season seven.

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tale of life

Splice
Genre: Sci-Fi
Director: Vincenzo Natali
Stars: Adrien Brody, Sarah Polley

What exactly have Sarah Polley's Elsa and Adrien Brody's Clive cooked up in their gonzo genetics lab? Should they kill it, rear it or send it flowers?

The answers aren't so easy, and they lead to the deliciously twisted tale of Splice, which also comes with a dangerously pointed tail.

Toronto's Vincenzo Natali (Cube) owes a debt to two Davids, Cronenberg and Lynch, and also to executive producer Guillermo del Toro.

Elsa and Clive, a young married couple, are "transgenic developers." What Elsa and Clive really want to do, which is to create new life forms, achieved by splicing together mammalian, amphibian, avian and other non-human DNA. The main attraction is too good to say too much about. It's a life form that results when Elsa impulsively adds some human DNA to the chicken soup of genetic material that she and Clive have been working with.

They call their rapidly growing creation Dren, played by Abigail Chu as an infant and the remarkable French actress Delphine Chanéac as a fully grown … whatever.

PETER HOWELL

Jonah Hex
Genre: Action
Director: Jimmy Hayward
Stars: Josh Brolin, John Malkovich, Megan Fox

½

Lots of things go ka-boom and rat-a-tat-tat in Jonah Hex, a barrel-scraping attempt at another comic book movie franchise.

Jimmy Hayward's artlessly directed and sloppily written production, which is drawn from the DC Comics series of the same name. Josh Brolin plays the title anti-hero, bereft of humour.

Hex is a bounty hunter and former Confederate Army soldier, condemned by dark magic to exist in an other-world between life and death. He's summoned by the U.S. president to help save his still-young country.

Seems the odious terrorist Quentin Turnbull, played by John Malkovich in full shrubbery- chewing mode, has managed to acquire a weapon of mass destruction that looks a lot like an atomic bomb.

You'd have thought the studio would have learned from the spectacular failure of Wild Wild West a decade or so ago.

PETER HOWELL

TV Picks

Parenthood

Adam continues to deal with his son's Asperger's syndrome diagnosis on Parenthood. In a new episode, Kristina attends a support group and tries to persuade Adam to join her while Lauren Graham's Sarah impresses her boss (guest star William Baldwin) in her internship. (Citytv, NBC)

Live for today

Erica is knocked off-guard by a glimpse of her own mortality on the CBC's Being Erica, so she tries to learn to embrace the present. (CBC)

Lawsuit

Over on The Good Wife, Alicia and Glenn are embroiled in a fiery confrontation over a malicious prosecution lawsuit. (Global, NBC)

THE CANADIAN PRESS

TV's Modern Family is honoured

▶ Eric Stonestreet, left, and Jesse Tyler Ferguson in Modern Family.

It was a night to celebrate, but the mood was subdued on the arrivals line at the GLSEN Respect Awards, presented by the Gay, Lesbian and Straight Education Network.

ABC's Emmy-winning sitcom Modern Family was honoured Friday night for its portrayal of a diverse America, including a family headed by a gay couple, played by actors Jesse Tyler Ferguson and Eric Stonestreet.

And yet some of the event's celeb attendees said the recent string of widely reported bully-inspired gay teen suicides is proof that acceptance still has a long way to go.

"I do have the same sort of mixed feeling, in the light of everything that's happened," noted Ferguson, who is openly gay. "However, I think an event like this echoes the sentiment that we need to change. This cannot continue happening."

"Back at my 10-year reunion, I didn't even remember any of those bullies' names. Frankly, they weren't doing nearly as good as me. So, it was very vindicating."
JESSE TYLER FERGUSON

The Emmy-nominated Ferguson, 34, said he was "very bullied" in school.

"I actually had to leave eighth grade and go to another school because it got so bad, so I certainly sympathize with these kids," he noted, adding that bullied students should keep reminding themselves that school won't last forever.

"Honestly, back at my 10-year reunion, I didn't even remember any of those bullies' names. Frankly, they weren't doing nearly as good as me. So, it was very vindicating."

Ferguson's Colombian-born co-star, Sofia Vergara, said acceptance of gays and lesbians in the Latin community "is very hard, because it's very taboo," she explained.

"The Latin community is a very Catholic community," continued Vergara, 38. "So, it's always a problem for people to accept it, and they live in denial for many years, the parents, and prefer not to address the problem. And that's when tragedies and things happen. And, you know, it's hard. You're not going to change things in one day."

Others in attendance included the event's host, director Rob Reiner, as well as actresses Chloe Sevigny, Jeanne Tripplehorn and Ginnifer Goodwin from Big Love.

Actress Florence Henderson walked the red carpet with her Dancing With the Stars partner Corky Ballas, and discussed her big gay fan base. "Well, The Brady Bunch Variety Hour was enough to seal me with the gay community forever," Henderson said, with a laugh.

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87: Just the right age to start a new venture

Comics legend Stan Lee hopes The Seekers will become a lasting franchise ● He's excited to be working in digital

MTV is helping to bring Stan Lee's newest superhero to life.

The network is joining forces with Lee's POW Entertainment to create a new digital comic series called The Seekers.

"It involves superheroes, it involves a very high-concept plot, it's a story such as you never have seen before, and it spans the centuries," Lee said in a telephone interview from New York Comic Con, where he and MTV are set to announce the new series on Saturday.

Lee went on to say that The Seekers is "more than just a comic. It's actually the start of a tremendous franchise."

He hopes The Seekers will grow into a TV series or film.

First, though, it has to be written and illustrated. MTV will hold a contest to find an undiscovered writer and artist to work on the new comic series.

The winners will work with Lee and POW to develop the concept and create multiple issues.

The 87-year-old comics legend says he's excited to work in a digital arena.

"It's thrilling because it's a whole new discipline," he said.

"But it's a funny thing: Whether it's electronic, whether it's digital, whether it's on paper, whether it's on a television screen, it's the story that counts.

"You don't let the fact that there's a different area of exhibition change the fact that you need a great story filled with action and surprises and suspense."

The Seekers will be available for free on the new MTV Geek website that launched earlier this week.

The site will offer comics, horror, sci-fi and gaming news, as well as coverage of comic-book conventions and previews of new comic books, games and movies.

THE ASSOCIATED PRESS

KEEPING LENNON'S LEGACY ALIVE

If John Lennon were still alive, you can bet there would have been one hell of a party for the former Beatles' 70th birthday last Friday. But instead, we have to read articles about what the peacenik would have been like 30 years after he was shot dead by Mark David Chapman.

Lennon's legacy is a complex one. His wife, Yoko Ono, has made it her mission to keep his music on the radio, in movies and, to some controversy, in commercials. It's to her credit that the legendary rocker is still as omnipresent as he is — in some ways it feels as if he's still making music in New York City.

Luckily, the singer-songwriter's tunes have stood up after all these years, so Ono hasn't had too much trouble convincing people to keep his music playing. What his been more difficult is pushing his message of peace and love.

It's impossible to know what Lennon would have said about the Iraq and Afghanistan wars, or 9/11 or the war on terror, but you can assume he'd be angry about the growing body counts around the world. It would be nice to think that he'd do something as provocative as his 1969 bed-in to protest the Vietnam War — he recorded Give Peace a Chance in Montreal during one of his week-long hotel room stays — but it's just as plausible that he would have been disaffected by the continued disregard for public opinion. (See Iraq War.)

Ono says Lennon would have still been active — she says he'd take to Twitter to voice his displeasure of the Iraq and Afghanistan wars. That doesn't seem like the best way to inspire activism, but at least he'd be doing something, and hopefully he would have followed up with more provocative action.

But, we can speculate all we want, the fact is, it's this part of Lennon's legacy that has been lost. These days Give Peace a Chance is more of a campfire tune than a protest song, and while other artists have spoken out, no one's made it a central part of their identity.

Maybe we're all too cynical these days, but his messages of peace feel quaint; they don't carry nearly the same weight as they did 40 years ago.

And that's a shame. If there's anything Ono should have been reminding us about, it's that Lennon's wish to see everyone get a long still matters.

JEFF GOODE/TORSTAR NEWS SERVICES

▶ John Lennon would have turned 70 on Friday.

Hollerado making waves with creative music video

With a miniscule $4,000 budget and a little help from their friends, Montreal rockers Hollerado have scored a veritable viral sensation.

The group released the ambitious video for their single, Americanarama, on Oct. 3 and almost immediately set social media aflutter.

Within only a few days, 30 Rock star Elizabeth Banks tweeted a link to the video, while influential U.S. industry writer Bob Lefsetz devoted an entire newsletter to the track.

By Monday morning, it had more than 280,000 views on YouTube.

The response took the band by surprise, but also justified the gruelling work that was poured into the video.

"It's been great," singer Menno Versteeg said in a telephone interview from the streets of Montreal. "We can't say anything except for that we're really grateful."

Nicknamed The 8-Bit Human Video, the video for the song features 24 actors stacked in a grid, posing and dancing in time with the herky-jerky rhythm of the power-pop tune.

From there, the actors pivot massive cue cards to spell out messages, form patterns to correspond with the song's buoyant bassline and even impressively mimic a gigantic game of Pong played by two band members.

Really, it has to be seen to be believed.

Perhaps harder to believe — for cynical commentators online, at least — is that the joyous video was shot in one extended take.

FLICKR: BRENDA_H_LEE

▶ Montreal band Hollerado became a hit when their DIY video Americanarama hit YouTube.

"I've read a few things online and people calling us on it and saying, 'No, there's no way they did this in one take,' and 'It's actually stop-motion animation,' and all these different things," Versteeg said.

"I was there. I know for a fact that it was done in one take."

So, how did they pull it off?

Well, the concept began with the four-piece band soliciting video treatments. They wanted something quirky, a "cheap and awesome way to do something that hadn't been done before," Versteeg said.

They worked with director Greg Jardin to select the concept they liked the best. And then the real work started.

Jardin and the band shot the video in June in Los Angeles. With all of the volunteer actors and the band themselves pitching in.

THE CANADIAN PRESS

Check out Hollerado's video for yourself.

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Michael treated well in prison

George Michael was released from prison in England after serving four weeks of an eight-week sentence for drug possession and driving under the influence, according to the BBC.

After one week in London's tough Pentonville Prison, the pop star was moved to a less intense jail in Suffolk.

"Believe me when I tell you that in the last three weeks there have been no tears, no anxiety, no bullying, in fact not so much as a sleepless night for me," Michael said in a statement upon his release.

"On the contrary, I have been treated with kindness by fellow inmates and prison staff alike and as far as I can tell, have received no special treatment of any kind whatsoever."

METRO

GETTY IMAGES

▶ George Michael spent four weeks in prison.

Dad against Lohan as porn queen

Lindsay Lohan still has one movie lined up after rehab, playing Deep Throat star Linda Lovelace. But her dad doesn't want her to do it.

"Why would a girl of Lindsay's caliber stoop to doing a movie about a stripper who was a porn queen who got raped by seven executives at one time and wound up dying? How dark is that?" Michael Lohan tells the Sunday Times magazine.

METRO

Bieber banned from dating

After Justin Bieber was spotted locking lips with a girl last month, his mom has reportedly banned him from dating, according to Hollyscoop.

"Pattie's freaking out that she's losing control of her boy," a source says.

Of course, it doesn't help matters that the girl in question, Jasmine Villegas, was part of Bieber's opening act on his tour.

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Celebrity tweets

Ashton Kutcher [@aplusk] Sharing Love & Light while in Israel. Asking 4 the energy 2 forge bonds with our similarities & find compromise in our differences.

Kanye West [@kanye west] Flight Wednesday October 13th ... Sydney to Frankfurt 22 hours ...well there's a 1 hour refuel but basically it's 22 hours all 2gther

Heidi Montag [@heidimontag] Today is the first day I have decided I am done forever wearing my nose tape! Its been long enough!

Kelly Osbourne [@MissKellyO] just went to the gym where i was told i was not allowed in unless i coverd my tattoos with flesh colored tape it was sooooo weird! METRO

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RYAN REMIORZ/THE CANADIAN PRESS

▶ Canada's Jamie Adjetey-Nelson celebrates after winning the men's decathlon at the 2010 Commonwealth Games in New Delhi, India.

Running right

How to properly fuel your body and get the most out of your training

CELIA MILNE
LIFE@METRONEWS.CA

What do you eat after a run? Are you kind to your muscles?

For Canada's top athletes at the Commonwealth Games, nutrition is an integral part of training. Food fuels the body, and the right nutrients at the right time boost performance. What about us regular folk?

We asked sports nutrition expert Nanci Guest what healthy, active people can do to improve their everyday nutrition. Guest knows her stuff: she was in charge of menu planning for the 2010 Olympics in Vancouver, and has worked with the Vancouver Canucks hockey team. Her pointers are: eat more protein throughout the day, and be sure you are getting lots of omega 3s and antioxidants. Runners think of fueling their bodies with carbs, and often don't pay enough attention to protein, says Guest. Eat small amounts of protein throughout the day — at all meals and snacks — because your body doesn't store it. Sources of protein include yogurt, milk, cheese, chicken, beans, eggs, tofu, and meat.

"Your body needs to repair muscles 24/7"
PORTS NUTRITION EXPERT NANCI GUEST

Eating more protein will help prevent strains and soreness, and help you recover from your workouts quicker.

"Your body needs to repair muscles 24/7," says Guest.

Soon after a workout the perfect snack is skim milk and an apple or a banana, she says. If you prefer chocolate milk, add a little chocolate yourself, as store-bought chocolate milk is loaded with sugar.

Antioxidants also help with muscle recovery. Look for colourful fruits and vegetables — red, yellow, green, purple and white.

"They each have different nutrients, so eat lots of different colours," says Guest.

Good fats are also vital because they help reduce inflammation. "When we exercise, we automatically get inflammation. It happens at the cellular level. Fish and fortified dairy products are the greatest sources of omega-3s."

Snacks

Hungry and on the run? A snack doesn't have to be a bag of potato chips and a Twinkie.

- **Why we eat it** We revert to those snacks because they're readily available.
- **Plan ahead** A little advance planning can help you avoid cravings for cake, cookies, chips and chocolate bars.
- **What to eat** Vancouver sport dietitian Nanci Guest came up with some healthier snacks you can throw in your work bag: multigrain bagels, low-fat muffins, cereal in a Ziploc bag, fruit leather, energy bars, fig Newton's, yogurt, bananas, apples, oranges, peanut butter and crackers, popcorn, raisins, carrots, unsalted nuts, trail mix, and cheese strings.
- **Why they're good** These foods contain more nutrient-dense calories than the junk.

CELIA MILNE

3 life

Flu shots

The National Advisory Committee on Immunization recommends that all Canadians over six months old be immunized against seasonal influenza, but stresses that the following high-risk groups should be vaccinated. Among them are: Adults and children with chronic health conditions, healthy pregnant women, members of a household expecting a newborn during flu season.
THE CANADIAN PRESS

Canadian moms most likely to upload child's prenatal sonogram online: AVG report

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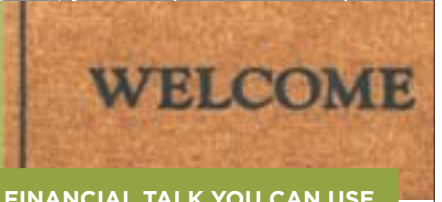

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Health check: The dirt on fingernails

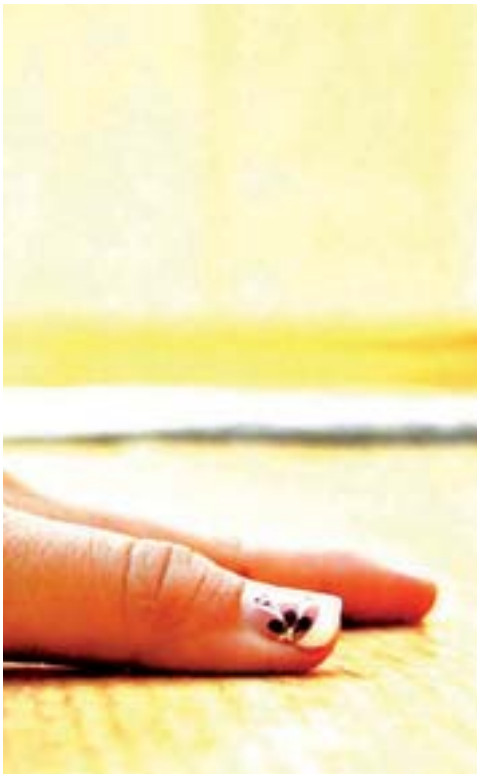
Your nails are a barometer of your health. Nutritionist Michele Kingston says to watch out for the following health warnings:

1 Dry and brittle nails: Could be indicative of an essential fatty acid deficiency. Increase your intake by adding a tablespoon of flaxseed oil to your salads every day and eating two to three portions of oily fish such as salmon, sardines or herring each week.

2 Soft and peeling: Peeling nails can be a sign of calcium deficiency — but don't reach for the cheese! The most absorbable form of calcium is from dark green leafy vegetables.

3 Vertical ridge: Indicate general nutrient deficiencies, so cut out alcohol and smoking, which deplete your body of essential vitamins and minerals and eat lots of fruit, vegetables and whole grains.

4 Horizontal ridges: Indicate an under active thyroid so increase selenium, zinc and iodine in your diet



5 White spots: If you have several white marks on your nails you are possibly lacking in zinc so make sure include lots of nuts, seeds, seafood, lentils and brown rice in your diet.

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This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues *"I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again"* said Ian.

Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. *"She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone -as if it was never there."* Ian goes on, *"This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."* By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a

proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief!? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, *"I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."*

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Fighting the lazy bug

It's so easy being a couch potato... but if you let yourself slip too far, you may get closer to becoming one than you think.

ROMINA McGUINNESS
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▶ Put down the remote and hit the track.

We live in a society obsessed with not just looking good but looking great, being not just slim, but sample size skinny, and where Botox injections are becoming as commonplace as moisturising cream.

Even men are regulars in tanning and waxing salons.

If this is so, then why are so many people out there still not looking after their health as they should?

Is it down to lack of time, stress or are they just downright lazy?

Why are so many people lazy when it comes to diet and exercise?

According to personal trainer Tracy Anderson, who has trained Hollywood's elite including Gwyneth Paltrow and Madonna, most of us are after a quick fix solution when it comes to improving our lifestyle.

"People can become lazy after having been sold a false promise," she says. "If you go out and buy an exercise DVD that promises to make you lose 'X' amount in one week, and nothing happens, then you will be reluctant to do it again. The result is that these small failures make them lose faith in their ability to either lose weight or become fitter. People are not always lazy for no reason, they could just be discouraged."

You're so vain ... the triggers

We are all unique, inspired by different things, meaning some people will only commit to exercise if they feel part of something important.

"Competition, music, vanity and circumstances like breaking up with your partner or changing jobs are all things that can trigger someone's motivation," explains Anderson, who witnesses this sort of resistance daily.

Get up!

Anderson's killer move to get you started

All 4's knee tuck extend to arabesque: Kneel on hands and knees, working leg tucks into chest with knee off the floor, then extends to a straight leg behind the body with toe turned toward side and leg it turned out rotated from hip

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▶ Cafe Mocha Cheesecake.

A healthy cheesecake?

Feeling guilty after Thanksgiving dinner? Here's a healthy choice to get back on track

A love of cheesecake is easily soured when you look at what goes into it. However, there is such a thing as a healthier cheesecake. Check this out:

Cafe Mocha Cheesecake

Ingredients :

- 6 chocolate wafer cookies
- 15 ml (1 tbsp) plus 300 ml (1 1/4 cups) sugar
- 30 ml (2 tbsp) instant espresso powder
- 37 ml (2 1/2 tbsp) coffee liqueur or water
- 500 ml (2 cups) non-fat cottage cheese
- 325 ml (1 1/3 cups) reduced-fat sour cream
- 340 g (3/4 lb) reduced-fat cream cheese
- 90 ml (6 tbsp) flour
- 2 large eggs
- 2 large egg whites
- 30 ml (2 tbsp) unsweetened cocoa powder
- 1 ml (1/4 tsp) cinnamon
- 1 ml (1/4 tsp) salt

Preparation:

1. Heat oven to 150 C 300 F. Coat a 23-cm (9-inch) springform pan with cooking spray.
2. With a rolling pin or the bottom of a heavy skillet, crush cookies into fine crumbs. In a small bowl, stir together cookie crumbs with 15 ml (1 tbsp) of the sugar. Pour mixture into prepared pan and tilt to coat the bottom and sides.
3. In a small bowl, dissolve espresso powder in liqueur and set aside. Place cottage cheese in a double layer of cheesecloth and gather the corners at the top. Squeeze out as much liquid as possible.
4. Place drained cottage cheese in a food processor and process until smooth, about 2 minutes. Add sour cream, cream cheese, flour, eggs, egg whites, cocoa, cinnamon, salt and remaining 300 ml (1 1/4 cups) sugar and dissolved espresso powder. Process until smooth.
5. Pour batter into prepared pan. Bake for 50 to 60 minutes or until the edges are set 2.5 cm (1 inch) from the sides but the centre of the cake is still a bit wobbly. Turn off oven and leave cheesecake for 30 minutes longer to continue cooking.
6. Set cheesecake on a wire rack to cool completely, about 1 hour. Refrigerate for at least 4 hours before removing from the pan and serving. Just before serving, sprinkle lightly with cocoa powder. Make 16 servings.

THE ASSOCIATED PRESS

Wine pairings by Gallo

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

When you're in my line of work meeting wine industry celebrities is par for the course. And while it may be the congenial nature of the business, I've found that almost all are gracious and accommodating especially when you get them one on one.

Gina Gallo certainly proved my point when I had lunch with her in Halifax last week. In town for the Port of Wines Festival the granddaughter of Julio Gallo and the public face of the Californian wine giant that is E & J Gallo Wines was happy to share stories of her family's decades in the wine industry and her love of chardonnay.

With such a huge portfolio the availability of Gallo wines across the country varies dramatically. The Gallo Family Vineyards line offers killer value with the 2007 California Pinot Grigio ($7.95 - $11.29) a crisp, refreshing, fish-friendly white with a light tropical vibe of peach, grapefruit and lime.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years.

Working for your marriage

Commuter marriage can work when spouses tackle game plan together

ROB CARR/THE ASSOCIATED PRESS

▶ Jennifer Dickson hugs her husband David at Baltimore-Washington International Airport. The couple has been living and working in separate cities for three years.

During the week, Joseph Hausmann leads a fairly typical single guy's life.

The 32-year-old engineer lives in a small, rented apartment above a garage, relying heavily on microwavable dinners and an exercise regime that fends off his less than stellar diet.

But Hausmann isn't a typical single guy. On Fridays, he piles into his car and makes the four- to five-hour trip to Newark, Del., back to his house, wife and life as he used to know it before taking a job near Hartford, Conn., in February.

"I liken my experience to going back to college and living in a dorm room," said Hausmann, who started commuting long distance after being laid off, and a subsequent job search that reaped no leads closer to home. It's a situation that, while becoming oddly routine, is hardly ideal for Hausmann and his wife, Jennifer Adams, who continues to work and live in their house, which has been on the market, garnering very little interest.

The difficult job market has given rise in recent years to the number of people in commuter marriages, where couples live in different cities, states or even countries to make ends meet while trying to weather the economic storm.

"I see it all the time," said Nancy Fagan, a San Diego marriage counsellor and divorce mediator who herself lives thousands of kilometres from her husband in Boston.

Not wanting to transplant kids while one parent seeks work elsewhere is a big motivator, she said.

It's not unusual for the at-home spouse to take on the role of decision maker, disrupting the flow of married life.

Commuter marriages have other price tags.

"It's very expensive," said Jennifer Dickson, who three years ago left her house and husband in Austin, Texas, to move to Washington, D.C.

In addition to rent for a Washington apartment and a car, Dickson, a communications expert for an environmental group, said airfare and travel budgets have taken a toll. The couple, who have gone from one to two weeks without seeing each other, now make a hobby of jockeying for cheap airfares and building up mileage points to take the edge off. "It was to the point where my husband switched his credit card so we could get points for more home expenses, even a new roof," she said.

THE ASSOCIATED PRESS

living apart

According to 2006 U.S. census data, the most recent available, about 3.6 million married individuals lived apart, not including people who were separated.

▶ Heartbreak led to love for Ashleigh and Scott.

HEARTRBREAK LED TO LOVE FOR FRENEMIES

How We Met: Scott & Ashleigh

Names: Scott, 28, and Ashleigh, 29

Hometown: Surrey, B.C.

Together since: 2005

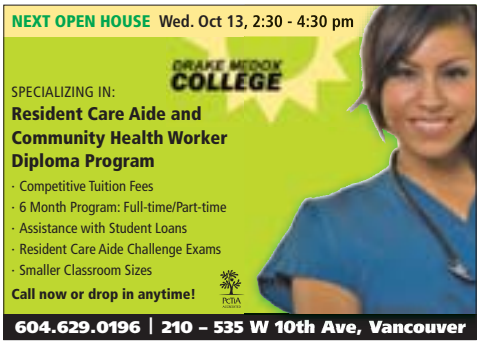
Their story:

"Scott and I (Ashleigh) were actually frenemies for years

"He saw me as a tomboy; I thought he was overly opinionated. But one time, I was heartbroken over a horrible relationship, so I decided to throw a party and find a date to take — I asked Scott. I got all decked out, and when Scott saw me, my friend had to pick his jaw up from the floor. That night, my former frenemy was a real sweetheart, and we've been together ever since.

"We have three cats, a dog and are just about to buy a house. We are so excited for the future. The moral of our story: You just might find your knight in shining armour — or princess — in an unexpected place!."

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.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HOME-BUYING NO-NO'S

There are many attractive incentives for current home buyers , plus, many Canadian markets are flush with selection resulting in a buyer's market. But, don't let home buying hype push you to overbuy and derail your long-term financial goals.

Buying a home is a huge financial commitment, and the total costs of home ownership go well beyond the mortgage payment. You'll be on the hook for utility bills, taxes, maintenance, repairs, condo fees, and much more. These extra expenses can be more than your mortgage payment! Before you start searching for property, figure out what you can afford. Consider:

- You'll need a down payment. Nowadays, financial institutions will accept less then 10 per cent for a down payment. But, you'll pay a hefty premium for highly insured mortgages (less than 20% down payment), through CMHC fees.
- Draw up a budget. List your normal monthly income and expenditures, then figure out how home ownership will affect your budget.
- Calculate how much you can afford each month. You can go online and use a mortgage calculator from any of the big banks.

Never ending money worries?

Alison's Money Rule: When it comes to money, the pursuit isn't always enough You need a reason

Poor, sad, rich folk. No, not an oxymoron. A Royal Bank of Canada commissioned study found that less than half (49 per cent) of Canada's millionaires feel they have grown happier as they have accumulated more wealth.

The bank attributes this sorry state of affairs to the fact that having more money creates more complexity and more problems in one's life. The worries include managing investments, planning for retirement and succession planning.

Frankly, I doubt this reasoning. I'm sorry, but I think there's a lot more stress associated with living pay cheque to pay cheque, as 60 per cent of Canadian report of themselves. And what about having to go into debt to get braces for your kids, never mind education down the road or, gasp, retirement?

The key to happiness is not necessarily money.

I'm not saying that people with money don't have problems, they do. But I think there's a different issue at work.

Many people are successful at setting a goal — say a net worth of $1 million — and then striving mightily to reach it. But when they've arrived, it doesn't seem adequate so they move the goal posts to, say, $2 million.

This moving of the goal post is what creates unhappiness, because there's never the satisfaction of completing a job, only the continuing pursuit. Some thrive in the pursuit but most don't.

One solution is to couple a financial goal with a specific reason. The question then is, Why Do You Want a Thousand, Ten Thousand or a Million Dollars? If you don't have an answer you probably won't be satisfied when you reach that magic number.

On the other hand, if your target is a cottage, your own business, early retirement, a second shot at education or perhaps the ability to help a disabled family member, then you're more likely to be satisfied in the end

Interest rates/ Savings accounts

BANK	RATE
BMO	1.30%
CIBC	1.35%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.30%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

RETAIL SALES MANAGER
WANT TO MAKE SOME REAL GREEN

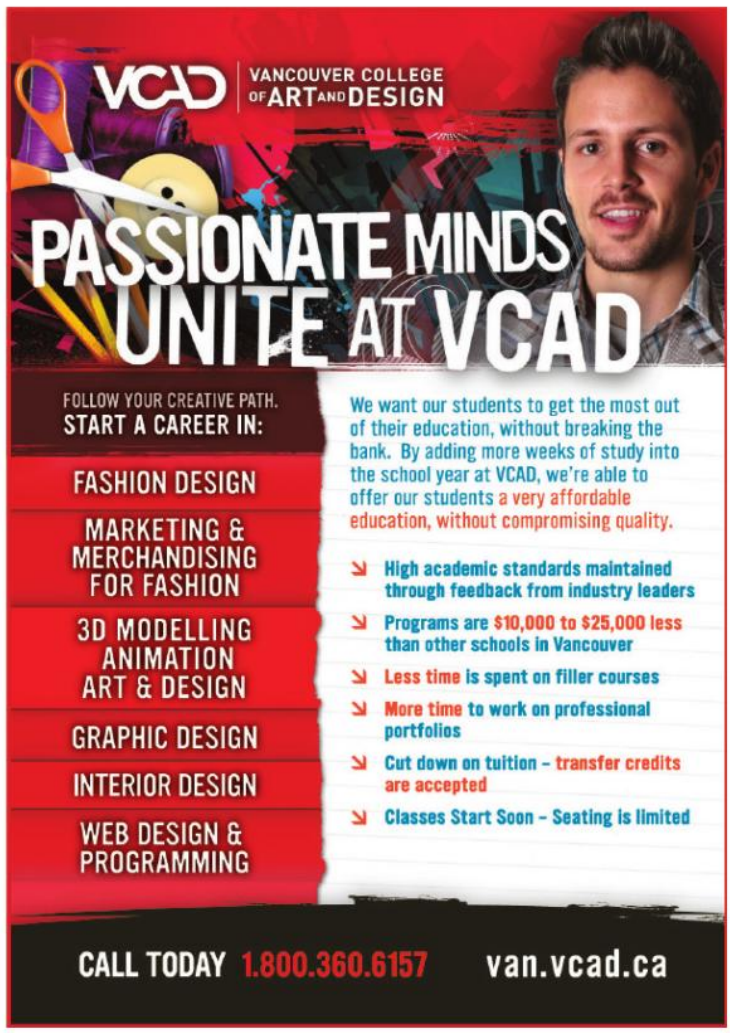
Metro Vancouver is seeking an experienced, assertive, task oriented and results driven Retail Sales Manager to lead a growing team of local retail sales representatives. The successful candidate for this newly created position will manage the day to day operation of the retail sales team, assist in creating strategies to support clients in achieving their business objectives, develop new revenue streams and coach the retail sales staff in bolstering their skill set. The ideal candidate must possess the flexibility and poise necessary to reach out and develop relationships with local businesses.
In addition to a full benefits package and a dynamic work environment, Metro offers the opportunity to achieve high rewards for successful performance.

KEY RESPONSIBILITIES :
- Manage and coach the retail sales team
- Development of sales management process for in paper and on line
- Manage and develop special features (national and local)
- Develop new revenue streams
- Staff skill assessment and development
- Work with other retail sales managers across the network to leverage appropriate cross selling opportunities

REQUIREMENTS FOR THE POSITION:
- 3-5 years managerial experience backed up by solid sales experience
- Creative, entrepreneurial, strong decision maker and finely tuned negotiation skills
- Substantial network of contacts
- Sound interpersonal skills
- Strategic thinker and planner

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to vanadminintern@metronews.ca no later than October 18, 2010. PLEASE QUOTE: "Retail Sales Manager - Attn: Maryse Lalonde" in the subject line. All submissions will be treated as confidential.

metro
www.metronews.ca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Are you having debt problems?

Payment overdue Overdraft Insufficient funds If reading these words makes you feel stressed, you may have a problem with debt

Having a budget can increase your financial freedom.

Taking control of your debt can lower your stress and give you the peace of mind you have probably been craving for a very long time.

Some of the warning signs that you may have a problem with debt include: Bounced cheques, calls from collection agencies, "borrowing from Peter to pay Paul" or having to get a second job.

If collection agencies are calling, work out a repayment plan and get it in writing. Do not treat any debts lightly. Leaving them unpaid long enough can result in court action, which could lead to money being taken from your paycheque and/or your assets being seized.

Many debtors hate the word budget because it seems so restrictive. Actually, the more you plan your spending, the more financial freedom you will eventually have. If it helps, call it a "spending plan" instead of a "budget." Credit counsellors can also help.

One of the best sources of information on debt is the Canadian Consumer Handbook, which you can find at consumerhandbook.ca. It has tips on everything from debt and credit reporting to collection agencies and contracts.

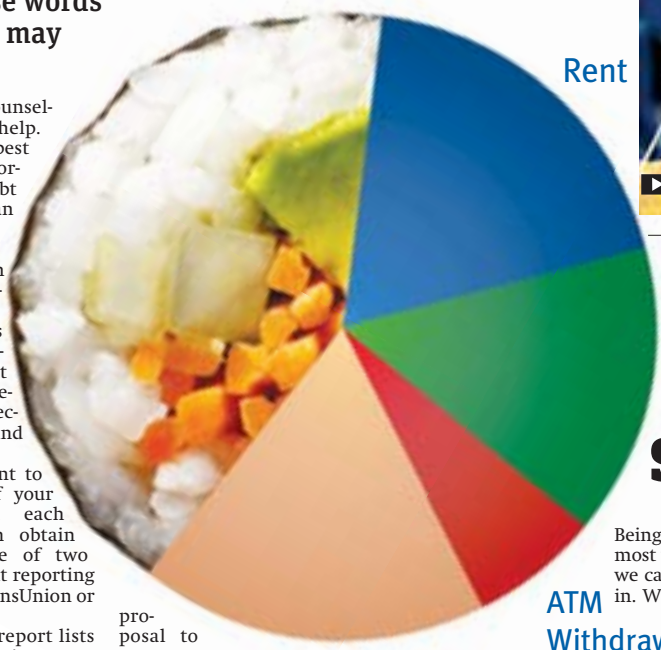
It's important to get a copy of your credit report each year. You can obtain one from one of two Canadian credit reporting companies: TransUnion or Equifax.

Your credit report lists your credit rating on a scale from one (you pay your bills within 30 days of the due date) to nine (you never pay your bills at all or have made a consumer debt repayment proposal to a lender). Your score indicates your risk for being denied a credit card, loan or mortgage.

Getting out of debt will raise your score. Contact information for the credit reporting companies in Canada can be found at consumerhandbook.ca.

Another great information resource is the Office of Consumer Affairs' online debt tool Take Charge of Your Debts found at www.ic.gc.ca/debt.

NEWS CANADA



"Many debtors hate the word budget because it seems so restrictive. Actually, the more you plan your spending, the more financial freedom you will eventually have. If it helps, call it a 'spending plan' instead of a 'budget.' Credit counsellors can also help."

Cutting your debt as well as your stress: Steps to freedom

Being in debt is one of the most worrisome situations we can ever find ourselves in. When faced with a significant personal debt burden, without a solid debt repayment plan, or a major shift in the way we approach our spending, some of us could be in debt for decades and never recover.

The Office of Consumer Affairs at Industry Canada suggests these four steps to help you take control of your spending to avoid a serious problem with debt.

Know the warning signs: You may have a debt problem and not even know it. If you constantly pay bills late, bounce cheques, borrow from one credit card to pay for another, ask relatives for loans, scrimp on necessities such as food or get a second job to help make payments, you may have a problem with debt.

Work with collection agencies, not against them: Collection agencies work to get money owed by people in debt. Although they can be persistent, most agencies will let you work out a repayment plan.

Understand credit reporting: Your credit report contains information about your past and present personal financial situation. Agencies use the information to determine how risky it would be for potential lenders to lend you money. You can order a copy of your credit score from either TransUnion or Equifax. NEWS CANADA

Planning ahead

Plan your spending
Cutting back on everyday spending — such as your morning coffee at Starbucks, or buying a lunch — will leave you with more money for bigger items such as rent, groceries or even a mortgage. Talk to a credit counsellor for help in creating a budget. Many community and consumer organizations offer this service for free.

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4 sports

Bombers storm back to beat Leos

Overtime loss drops third-place Lions to 5-9 on the season

WINNIPEG	B.C.
47	35

Deon Beasley wasn't happy with the way he was playing and vowed to make a difference.

The Winnipeg Blue Bombers defensive back did just that when he returned an interception 72 yards for a touchdown in overtime yesterday to seal the Bombers' stunning 47-35 win over the B.C. Lions.

"I wasn't making the plays I was supposed to make, but I told myself and I told my coach, 'Keep trying me and before this game is over with I'm going to make a play,'" Beasley said.

Beasley intercepted Casey Printers after Winnipeg running back Yvenson Bernard had already scored a touchdown on a two-yard run to give the Blue Bombers a 41-35 lead. It was the second pick of the season for the rookie out of Texas.

In the first overtime possession, Lions kicker Sean Whyte booted a 30-yard field goal. Justin Palardy replied with a 32-yarder for Winnipeg.

The victory before a season-low 25,016 fans at Canad Inns Stadium kept Winnipeg's slim playoff hopes alive by bumping the Bombers' record to 4-10.

B.C. dropped to 5-9 and sits in third place in the West Division ahead of Edmonton (4-10). With the Lions' loss, both Calgary and Saskatchewan clinched home playoff games.

"The positive thing is that we're still a game ahead of Edmonton and a game ahead of Winnipeg," B.C. head coach Wally Buono said.

"Other than that, I don't know what positive you can get out of this."

Palardy sent the game into overtime with a 42-yard field goal as time expired after a wild second half.

The Lions scored 24 unanswered points in the third quarter to go ahead 32-11, but Winnipeg responded with 21 straight points in the fourth to make it 32-32.

"They played their hearts out for the whole game and did a tremendous job," Bomber head coach Paul LaPolice said.

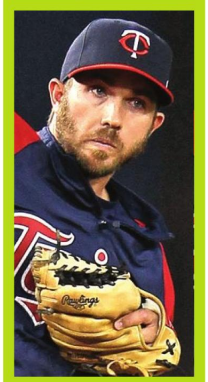
"When you go through a lot of losses, it's great for the players to have success."

THE CANADIAN PRESS

JOHN WOODS/THE CANADIAN PRESS

▶ Winnipeg Blue Bomber Terrence Edwards hauls in the touchdown pass against Anthony Reddick of the Lions yesterday.

Quoted



"Five days ago we were going to win a World Series and now we're packing up our lockers. It just kind of happened really quick."

TWINS SHORTSTOP J.J. HARDY. MINNESOTA WAS ELIMINATED BY NEW YORK SATURDAY IN A THREE-GAME SWEEP. IT WAS THE FOURTH TIME IN EIGHT YEARS THAT MINNESOTA WAS ELIMINATED FROM THE POST-SEASON BY THE YANKEES.

"They play with extreme confidence against us. That's it. There's nothing we can do to make them feel pressure."

HARDY ON THE YANKEES

Scan code for more sports

Daniel Sedin pots 2 as Canucks edge Panthers

CANUCKS	PANTHERS
2	1

Daniel Sedin scored twice last night as the Vancouver Canucks won their first game of the season, 2-1 over the Florida Panthers.

Sedin's game-winner came with 5:08 remaining in regulation as he dived across goalie Tomas Vokoun's crease to scoop in the rebound of twin brother Henrik's shot during a scramble.

Rostislav Olesz was credited with Florida's goal when a second-period deflection off Canucks defenceman Alex Edler and got past netminder Roberto Luongo.

Both goalies were solid as Luongo made 41 saves and Vokoun 33.

Vancouver began their 40th year in the NHL with a 2-1 shootout loss Saturday to the Los Angeles Kings.

Florida opened their 2010-11 campaign Sunday with a 3-2 loss to the Oilers in Edmonton.

Last night's game was the only meeting of the season between the Canucks and Panthers.

THE CANADIAN PRESS

Sports in brief

Giants headed to NLCS after win over Braves

MLB. San Francisco won another thriller, again with help from some shaky Atlanta defence, and the Giants are off to the NL championship series for the first time since 2002.

Cody Ross homered and drove in the go-ahead run with a seventh-inning single, leading the Giants to a 3-2 victory in Game 4 last night and wrapping up an NL Division Series that was tight and tense to the very last out.

THE ASSOCIATED PRESS

Favre says sorry to Vikes

NFL. Brett Favre has apologized to the Minnesota Vikings for the distraction caused by an NFL investigation into allegations that he sent racy messages and lewd photos to a New York Jets game hostess in 2008.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	3	2	0	1	0	8	6	5	1-0-0-0	1-0-1-0	2-0-1-0	W1
d-Toronto	2	2	0	0	0	8	3	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Carolina	2	2	0	0	0	6	4	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
Washington	3	2	1	0	0	12	8	4	2-0-0-0	0-1-0-0	2-1-0-0	W2
NY Islanders	2	1	0	0	1	10	9	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Tampa Bay	1	1	0	0	0	5	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
NY Rangers	2	1	1	0	0	10	9	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Atlanta	2	1	1	0	0	7	7	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Boston	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Montreal	2	1	1	0	0	5	5	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
Buffalo	3	1	2	0	0	8	11	2	0-2-0-0	1-0-0-0	1-2-0-0	L2
Pittsburgh	3	1	2	0	0	7	7	2	0-2-0-0	1-0-0-0	1-2-0-0	W1
New Jersey	3	0	2	1	0	6	14	1	0-1-1-0	0-1-0-0	0-2-1-0	L3
Ottawa	3	0	2	1	0	4	10	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Florida	2	0	2	0	0	3	5	0	0-0-0-0	0-2-0-0	0-2-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	2	2	0	0	0	9	7	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
d-Detroit	2	2	0	0	0	7	2	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
d-Edmonton	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
St. Louis	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
San Jose	2	1	0	1	0	5	5	3	1-0-0-0	0-0-1-0	1-0-1-0	L1
Vancouver	2	1	0	0	1	3	3	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Chicago	3	1	1	1	0	9	10	3	0-1-0-0	1-0-1-0	1-1-1-0	W1
Nashville	1	1	0	0	0	4	1	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Colorado	2	1	1	0	0	6	7	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Columbus	2	1	1	0	0	5	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Phoenix	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	L1
Los Angeles	2	1	1	0	0	3	4	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Calgary	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Minnesota	2	0	1	0	1	4	6	1	0-1-0-0	0-0-0-1	0-1-0-1	L2
Anaheim	3	0	3	0	0	2	13	0	0-0-0-0	0-3-0-0	0-3-0-0	L3

d — division leader; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Yesterday's results
Pittsburgh 3 New Jersey 1
N.Y. Islanders 6 N.Y. Rangers 4
St. Louis 5 Anaheim 1
Chicago 4 Buffalo 3
Philadelphia 4 Colorado 2
Washington 3 Ottawa 2 (OT)
Vancouver 2 Florida 1
Sunday's results
Calgary 3 Los Angeles 1
Edmonton 3 Florida 2
At Prague, Czech Republic
Boston 3 Phoenix 0
Tonight's games
(All times Eastern)
Colorado at Detroit, 7 p.m.
Atlanta at Los Angeles, 10:30 p.m.
Tomorrow's games
New Jersey at Buffalo, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Toronto at Pittsburgh, 7:30 p.m.
Nashville at Chicago, 8:30 p.m.
Vancouver at Anaheim, 10 p.m.
Thursday's games
Tampa Bay at Philadelphia, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
St. Louis at Nashville, 8 p.m.
Edmonton at Minnesota, 8:30 p.m.
Detroit at Dallas, 8:30 p.m.
Florida at Calgary, 9 p.m.
Friday's games
Colorado at New Jersey, 7 p.m.
Toronto at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Chicago at Columbus, 7 p.m.
Montreal at Buffalo, 7:30 p.m.
Atlanta at Anaheim, 10 p.m.
Vancouver at Los Angeles, 10:30 p.m.

CAPITALS 3, SENATORS 2 (OT)

First Period
1. Washington, Semin 1 (Laich, Fehr) 18:38
Penalties — Fleischmann Wash (hooking) 4:57, Knuble Wash (high-sticking) 12:05, Regin Ott (interference) 14:19, Carkner Ott (roughing) 16:18, Washington bench (too many men; served by Ovechkin) 19:30.
Second Period
2. Ottawa, Ruutu 1 (Carkner, Neil) 9:57
3. Washington, Fehr 2 (Hendricks, B.Gordon) 11:18
Penalties — Ovechkin Wash (cross-checking) 6:25, Kelly Ott (slashing) 12:32, Ovechkin Wash (interference) 19:29.
Third Period
4. Ottawa, Shannon 1 (Regin) 7:20
Penalties — Kovalev Ott (hooking) 3:35, Regin Ott (hooking) 10:13, Ruutu Ott (unsportsmanlike conduct), Erskine Wash (roughing) 13:58.
Overtime
5. Washington, Ovechkin 3 (Carlson, Schultz) 4:28
Penalties — None.
Shots on goal by

Ottawa	13	10	7	1—31
Washington	11	6	6	3—26

Goal — Ottawa: Leclaire (L,0-2-1); Washington: Neuvirth (W,2-1-0). **Power plays (goals-chances)** — Ottawa: 0-5; Washington: 0-5. **Attendance** — 18,398 (18,398) at Washington.

CANUCKS 2, PANTHERS 1

First Period
1. Vancouver, D.Sedin 1 (Samuelsson, H.Sedin) 12:39
Penalty — Alberts Vcr (hooking) 18:33.
Second Period
2. Florida, Olesz 1 (Santorelli, Stillman) 19:22
Penalties — Samuelsson Vcr (slashing) 1:24, H.Sedin Vcr (hooking) 15:05.
Third Period
3. Vancouver, D.Sedin 2 (H.Sedin, Samuelsson) 14:52
Penalties — None.
Shots on goal by

Florida	12	10	20	42
Vancouver	12	11	12	35

Goal — Florida: Vokoun (L,0-2-0); Vancouver: Luongo (W,1-0-1).
Power plays (goals-chances) — Florida: 0-3; Vancouver: 0-0.
Referees — Ian Walsh, Brad Watson. **Linesmen** — Darren Gibbs, Mike Cvik.
Attendance — 18,860 (18,860) at Vancouver.

CALENDAR

Nov. 6 — Hall of Fame Game (Buffalo at Toronto).
Nov. 8 — Hockey Hall of Fame induction ceremony, Toronto.
Dec. 26-Jan. 5, 2011 — IIHF World Junior Championships, Buffalo, N.Y.

MLB

2010 POSTSEASON

DIVISION SERIES

AMERICAN LEAGUE
Tampa Bay vs. Texas
(Series tied 2-2)
Tonight's game
Texas (Cl.Lee 12-9) at Tampa Bay (Price 19-6), 8:07 p.m.
Minnesota vs. New York
(New York wins series 3-0)
NATIONAL LEAGUE
Philadelphia vs. Cincinnati
(Philadelphia wins series 3-0)
San Francisco vs. Atlanta
(San Francisco wins series 3-1)
Last night's result
San Francisco 3 Atlanta 2

GIANTS 3, BRAVES 2

San Francisco	ab	r	h	bi	Atlanta	ab	r	h	bi
AToms cf	4	0	0	0	OInfant 2b	5	1	1	0
FSnchz 2b	4	0	0	0	M.Diaz lf	3	0	1	0
A.Huff 1b	3	1	1	0	McCarr ph-lf	2	0	0	0
BrWlsn p	0	0	0	0	D.Lee 1b	4	0	0	0
Posey c	4	1	1	0	McCnn c	3	1	2	2
Burrell lf	2	0	0	0	McLoth pr	0	0	0	0
SCasill p	0	0	0	0	D.Ross c	0	0	0	0
JaLopz p	0	0	0	0	AlGnzlz ss	4	0	1	0
Ishikaw ph-1b	1	0	0	0	Heywrd rf	4	0	2	0
Uribe ss-3b	3	0	0	1	Glaus 3b	3	0	0	0
Fontent 3b	2	0	0	0	Venters p	0	0	0	0
Rownd ph	1	0	0	0	Kimrel p	0	0	0	0
Schnlt rf	0	0	0	0	Conrad ph	1	0	0	0
CRoss rf-lf	3	1	2	2	Ankiel cf	2	0	0	0
Bmgrn p	2	0	0	0	D.Lowe p	2	0	0	0
Renteri ss	1	0	1	0	Moylan p	0	0	0	0
DHmdz 3b	1	0	0	0					
Hinske ph	0	0	0	0					
THudsn pr	0	0	0	0					
Totals	**30**	**3**	**5**	**3**	**Totals**	**34**	**2**	**7**	**2**

San Francisco	000	001	200	3
Atlanta	001	001	000	2

E—Fontenot (1), Ale.Gonzalez 2 (2). DP—Atlanta 2. LOB—San Francisco 2, Atlanta 9. HR—C.Ross (1), McCann (1). CS—A.Torres (2). SF—McCann.

	IP	H	R	ER	BB	SO
San Francisco						
Bumgarner W,1-0	6	6	2	2	1	5
S.Casilla H,1	1 2-3	1	0	0	0	2
Ja.Lopez H,2	1-3	0	0	0	0	1
Br.Wilson S,2-3	1	0	0	0	2	1
Atlanta						
D.Lowe L,0-2	6 1-3	2	3	2	2	8
Moylan BS,1-1	0	0	0	0	0	0
Venters	1 2-3	3	0	0	0	2
Kimbrel	1	0	0	0	0	1

Moylan pitched to 1 batter in the 7th.
Venters pitched to 1 batter in the 9th.
T—2:56. A—44,532 (49,743) at Atlanta.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	28	14	8	6	35	27	48
x-Columbus	28	13	8	7	35	31	46
Kansas City	27	9	12	6	30	33	33
Chicago	27	8	11	8	33	35	32
Toronto FC	28	8	13	7	28	37	31
New England	28	8	15	5	31	48	29
Philadelphia	28	7	14	7	32	45	28
D.C. United	28	6	19	3	19	44	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	28	17	6	5	41	22	56
x-Real Salt Lake	28	14	4	10	41	18	52
x-FC Dallas	28	12	2	14	41	24	50
x-Seattle	28	13	9	6	36	32	45
x-San Jose	27	12	8	7	30	28	43
Colorado	28	11	8	9	39	29	42
Chivas USA	27	8	15	4	29	36	28
Houston	28	7	15	6	37	48	27

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Tonight's game
(All times Eastern)
Kansas City at Chicago, 8:30 p.m.

GAMES

COMMONWEALTH GAMES

At New Delhi

WHAT CANADA DID

BADMINTON

Men
Doubles:
Toby Ng, Calgary, and Jon Vandervet, Edmonton, lost in round of 16.
Women
Singles: Anna Rice, North Vancouver, B.C., lost in quarter-finals; Michelle Li, Markham, Ont., lost in quarter-finals.
Doubles: Grace Gao, Calgary, and Joycelyn Ko, Toronto, lost in round of 16; Alex Bruce, Toronto, and Michelle Li, Markham, Ont., lost in round of 16.

DIVING

Men
Three-metre springboard: Alexandre Despatie, Laval, won gold; Rueben Ross, Pilot Butte, Sask., won silver; Eric Sehn, Edmonton, fourth.
Women
10-metre platform: Roseline Filion, Laval, Que., fourth; Carol-Ann Ware, Otterburn, Park, Que., fifth; Pamela Ware, Otterburn Park, 11th.

FIELD HOCKEY

Women
India 3 Canada 0

RUGBY SEVENS

Men
New Zealand 43 Canada 7
Scotland 19 Canada 17
Canada 47 Guyana 0

SHOOTING

Men
Pairs Skeet: Jason Caswell, Edmonton, and Richard McBride, Saskatoon, won silver.

TRACK AND FIELD

Men
Pole vault:Jason Wurster, Toronto, seventh, 5.25 metres.
Women
100 hurdles: Angela Whyte, Edmonton, won silver, 12.98.
200: Adrienne Power, Halifax, won bronze, 23.52.
800: Diane Cummins, Victoria, won bronze, 2:00.13.

WEIGHTLIFTING

Men
105+ kilograms: George Kobaladze, Montreal, won bronze.

TENNIS

ATP WORLD TOUR SHANGHAI ROLEX MASTERS

At Shanghai, China
Yesterday's results
Singles — First Round
Jo-Wilfried Tsonga (12), France, def. Feliciano Lopez, Spain, 7-6 (4), 6-3.
Guillermo Garcia-Lopez, Spain, def. Eduardo Schwank, Argentina, 6-7 (8), 6-2, 6-4.
Jurgen Melzer (13), Austria, def. Yang Tsung-hua, Taiwan, 6-4, 7-6 (5).
Jeremy Chardy, France, def. Marcos Baghdatis, Cyprus, 7-6 (4), 6-1.
Thiemo de Bakker, Netherlands, def. Fernando Verdasco (9), Spain, 7-6 (4), 7-5.
Juan Monaco, Argentina, def. Florent Serra, France, 6-4, 7-6 (3).
Mischa Zverev, Germany, def. Sergiy Stakhovsky, Ukraine, 6-1, 4-6, 7-6 (7)
Stanislas Wawrinka, Switzerland, def. Gilles Simon, France, 6-4, 6-1.
Doubles — First Round
Lukas Dlouhy and Radek Stepanek, Czech Republic, def. John Isner and Sam Querrey, U.S., 6-3, 6-7 (1), 10-6 tiebreak.
Nicolas Almagro and David Marrero, Spain, def. Gong Mao-Xin and Li Zhe, China, 4-6, 6-2, 10-5 tiebreak.

TRANSACTIONS

BASEBALL

MLB

NATIONAL LEAGUE
CHICAGO CUBS — Announced pitching coach Larry Rothschild has exercised his contract option for next season.

BASKETBALL

NBA

LEAGUE OFFICE — Fined Portland G Rudy Fernandez $50,000 for public statements detrimental to the NBA.
GOLDEN STATE WARRIORS — Waived F Vernon Goodridge.
MEMPHIS GRIZZLIES — Waived F Luke Jackson, G Tre Kelley and G Kenny Thomas.
PHOENIX SUNS — Waived G Chucky Atkins.
PORTLAND TRAIL BLAZERS — Signed C Steven Hill.
SAN ANTONIO SPURS — Waived G Kirk Penney.

FOOTBALL

NFL

BUFFALO BILLS — Activated TE Shawn Nelson from the suspended list. Released LB Chris Ellis.
CAROLINA PANTHERS — Claimed WR Devin Thomas off waivers from Washington. Waived OL Tim Duckworth.

HOCKEY

NHL

ANAHEIM DUCKS — Signed D Andreas Lilja to a one-year contract.
ATLANTA THRASHERS — Reassigned G Drew MacIntyre to Chicago (AHL). Recalled G Peter Mannino from Chicago.
COLUMBUS BLUE JACKETS — Assigned G David LeNeveau to Springfield (AHL).
DETROIT RED WINGS — Signed coach Mike Babcock to a four-year contract extension.
SAN JOSE SHARKS — Assigned C Tommy Wingels to Worcester (AHL).

CFL

WEEK 15

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Montreal	14	10	4	0	455	356	20
Hamilton	14	7	7	0	366	366	14
Toronto	14	7	7	0	283	363	14
Winnipeg	14	4	10	0	392	385	8

WEST DIVISION	GP	W	L	T	PF	PA	Pt
x-Calgary	14	10	4	0	471	341	20
x-Saskatchewan	14	9	5	0	399	369	18
B.C.	14	5	9	0	356	366	10
Edmonton	14	4	10	0	273	449	8

x — clinched playoff berth.
Yesterday's results
Montreal 46 Calgary 19
Winnipeg 47 B.C. 35 (OT)
Saturday's result
Toronto 24 Saskatchewan 19
Friday's result
Hamilton 36 Edmonton 11

WEEK 16

Friday, Oct. 15
Hamilton at Toronto, 7:30 p.m.
Saturday, Oct. 16
Edmonton at B.C., 10 p.m.
Sunday, Oct. 17
Winnipeg at Montreal, 1 p.m.
Calgary at Saskatchewan, 4 p.m.

SCORING LEADERS

x - scored two-point convert

	TD	C	FG	S	Pts
Maver, Cal	0	52	28	3	139
Duval, Mtl	0	37	30	12	139
McCallum, BC	0	26	35	6	137
Congi, Sask	0	39	26	2	119
DeAngelis, Ham	0	32	26	3	113
Prefontaine, Edm	0	25	21	8	96
Cates, Sask	15	0	0	0	90
T.Edwards, Wpg	11	0	0	0	66
Palardy, Ham-Wpg	0	17	14	6	65
x-Green, Mtl	10	2	0	0	62
Bryant, Cal	10	0	0	0	60
x-Cobb, Ham	8	1	0	0	50
Robertson, BC	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
Bruce, Ham	7	0	0	0	42

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	4	1	0	.800	135	81
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	5	0	.000	87	161

SOUTH	W	L	T	Pct	PF	PA
Houston	3	2	0	.600	118	136
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
Indianapolis	3	2	0	.600	136	101

NORTH	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	92	72
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	3	0	.400	100	102
Cleveland	1	4	0	.200	78	97

WEST	W	L	T	Pct	PF	PA
Kansas City	3	1	0	.750	77	57
Oakland	2	3	0	.400	111	134
Denver	2	3	0	.400	104	116
San Diego	2	3	0	.400	140	106

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Washington	3	2	0	.600	89	92
N.Y. Giants	3	2	0	.600	106	98
Philadelphia	3	2	0	.600	122	103
Dallas	1	3	0	.250	81	87

SOUTH	W	L	T	Pct	PF	PA
Atlanta	4	1	0	.800	113	70
Tampa Bay	3	1	0	.750	74	80
New Orleans	3	2	0	.600	99	102
Carolina	0	5	0	.000	52	110

NORTH	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	92	74
Green Bay	3	2	0	.600	119	89
Minnesota	1	3	0	.250	63	67
Detroit	1	4	0	.200	126	112

WEST	W	L	T	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	2	2	0	.500	75	77
St. Louis	2	3	0	.400	83	96
San Francisco	0	5	0	.000	76	130

WEEK FIVE

Byes: Miami, New England, Pittsburgh, Seattle
Last night's result
N.Y. Jets 29 Minnesota 20
Sunday's results
Arizona 30 New Orleans 20
Atlanta 20 Cleveland 10
Baltimore 31 Denver 17
Chicago 23 Carolina 6
Detroit 44 St. Louis 6
Indianapolis 19 Kansas City 9
Jacksonville 36 Buffalo 26
N.Y. Giants 34 Houston 10
Oakland 35 San Diego 27
Philadelphia 27 San Francisco 24
Tampa Bay 24 Cincinnati 21
Tennessee 34 Dallas 27
Washington 16 Green Bay 13 (OT)

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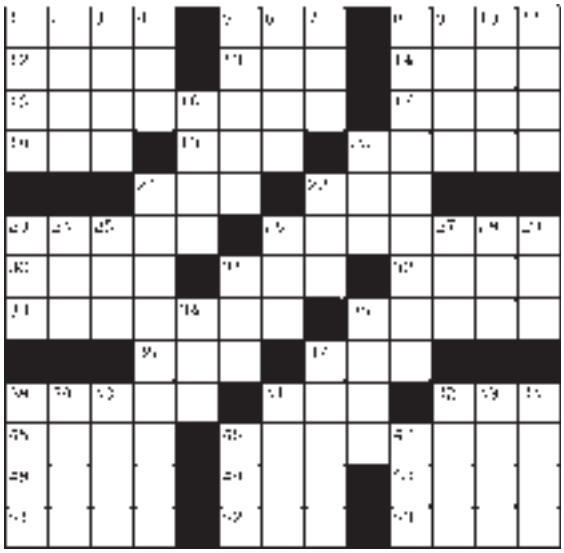
Crossword



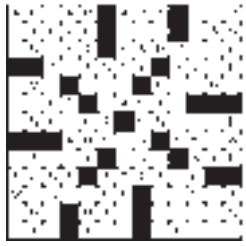
Across

1ACROSS
1 Genie's home
5 Society newcomer
8 Herd members
12 Hodgepodge
13 Eggs
14 Stage statuette
15 Daughter of King Lear
17 Parks of civil rights fame
18 Coloration
19 Every last crumb
20 Skilled
21 Weep
22 Nevertheless, briefly
23 Fold-up mattress
26 Malaria remedy
30 Distant
31 Comprehend
32 Rainbow
33 Walked like a little kid
35 Got down to pray
36 Doctrine
37 Insect
38 Wide
41 Knight's address
42 Toward the stern
45 Count counterpart
46 Ribbed fabric
48 And others (Lat.)
49 Curved line
50 Harvest
51 Depend (on)
52 To the — degree
53 Appellation

Down

1 Ness or Lomond
2 Felipe or Matty of baseball
3 Swampy terrain
4 Pea holder
5 1996 newsmaking clone
6 Satanic
7 Comment from 5-Down
8 Putting a barrier around
9 Reed instrument
10 Thin trail of smoke
11 Membership
16 Deserve
20 Sushi-bar tuna
21 As a good host would
22 Historic boy king
23 Obese
24 Venusian vehicle?
25 Slight amount
26 Proof abbr.
27 Dander
28 Zero
29 NYC hrs.
31 Jewel
34 1960s hallucinogen
35 Kirkuk native
37 With 38-Down, cousin of sarsaparilla
38 See 37-Down
39 Assessment
40 Exam format
41 Ilk
42 Vicinity
43 Lather
44 Blood category
46 Has the skills
47 Grecian vessel

▶ Yesterday's answer



Sudoku

	7	5				3		
			2	3				8
6					4			2
		6	1		9		4	
	4			5			7	
	2		8		7	1		
8			4					5
9				6	1			
		4				9	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	9	6	5	8	4	1	3	7
8	4	5	7	3	1	9	6	2
3	1	7	2	6	9	8	4	5
6	8	9	1	4	7	5	2	3
4	3	1	6	2	5	7	9	8
7	5	2	8	9	3	4	1	6
9	7	8	3	1	2	6	5	4
5	2	4	9	7	6	3	8	1
1	6	3	4	5	8	2	7	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Pinky pinky pinky, you are khukhu. Only good. No bad. Be happy and don't be a CC.
FROM YOURS STUPIDELY, ODES

To Teresa, you're the best! Cheers to our friendship XO!
FOREVER & ALWAYS, CHRISTINA

Jenny Hunter, My Jenny Pooh, I have Loved You since we first met and my Love is still growing for You! If Your Love for Me is as strong as mine, lets have a great Life together! Will You Marry Me and make Me Happy Forever!!
LOVE FROM YOUR POOH BEAR XOXOXO :-)

J, you have brought so much bliss, wonder and thrill into my life. You treat me like a princess and I don't thank you enough for it. So, thank you from the bottom of my heart!
–B

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Don't settle for second best. Don't settle for a lifestyle that provides you with just enough. Get up and get out and make something of the amazing talents you were born with.

♉ Taurus April 21-May 21 You will be thinking big and talking big over the next few days, and there is absolutely nothing wrong with that. The only danger is that you may not always be able to deliver on the promises you make.

♊ Gemini May 22-June 21 The Sun in Libra gives your confidence a boost and makes you believe you can move mountains. But there is still a lot of hard work to be done before your dreams come true.

♋ Cancer June 22-July 22
Venus and Mars are already transiting the most positive area of your chart, and when the Sun joins them there on the 23rd there will be no stopping you.

♌ Leo July 23-Aug.23 Leo is a generous sign but your willingness to see only the good in people can sometimes lead to you being taken advantage of. Be generous today but be wary too.

♍ Virgo Aug. 24- Sept. 22 First impressions may be important but first impressions can sometimes be wrong as well and the planets warn that you need to investigate someone more deeply before deciding whether or not to trust them.

♎ Libra Sept. 23-Oct. 23 The Sun in your sign is a wonderful influence but don't let it blind you to reality. Now that Venus, your ruler, is moving retrograde there is a danger you will see only what you want to see.

♏ Scorpio Oct. 24-Nov. 22 You may have fallen heavily for someone who presses all the right emotional buttons, but how likely is it that your relationship will last? You have got to be realistic.

♐ Sagittarius Nov. 23-Dec. 21 Everything seems to be going right for you now, but don't fall into the trap of thinking that you no longer need to make a personal effort. Life may be good but never take anything for granted.

♑ Capricorn Dec. 22-Jan. 20
Cosmic activity in the career sector of your chart is bringing challenges that have to be dealt with quickly and efficiently. Fortunately you are not the sort to hesitate, not when there is so much at stake.

♒ Aquarius Jan. 21-Feb. 18
Duty is important but the most important duty of all is the one you have to you. If you are not happy then the people around you won't be either.

♓ Pisces Feb. 19-March 20
Something unexpected will happen, something that brings a smile to your face. Others may say it's luck, but luck has nothing to do with it. It's a cosmic reward for something good you did. **SALLY BROMPTON**

ANDY WONG/THE CANADIAN PRESS

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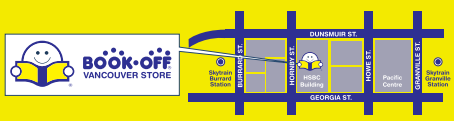

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AIR CANADA VACATIONS

Deals of the week

NON-STOP FLIGHTS

MEXICO

Los Cabos

Royal Solaris Los Cabos Resort & Spa • 4★
All-Inclusive • Deluxe rm.
Jan. 9 • 1 wk.
$659
+Taxes & other fees (including service charges): $277

Cancun/Riviera Maya

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive • Junior suite
Dec. 25 • 1 wk.
$1849
+Taxes & other fees (including service charges): $284

Gran Bahia Principe Tulum • 5★
All-Inclusive
Standard rm.
Dec. 25 • 1 wk.
$1749
+Taxes & other fees (including service charges): $284

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Dec. 31 • 1 wk.
$1139
+Taxes & other fees (including service charges): $222

Iberostar Laguna Azul • 4 1/2★
All-Inclusive • Standard rm.
Jan. 7, 14 & 21 • 1 wk.
$1499
+Taxes & other fees (including service charges): $222

MEXICO

Ixtapa/Zihuatanejo

Barceló Ixtapa Beach • 4★
All-Inclusive • Superior rm.
Jan. 8 – 22 • 1 wk.
$1179
+Taxes & other fees (including service charges): $277

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 24 • 1 wk.
FREE upgrade to oceanfront rm.
PRIVILEGES
$1679
+Taxes & other fees (including service charges): $280

Iberostar Rose Hall Beach • 4 1/2★
All-Inclusive
Standard garden view rm.
Dec. 31 • 1 wk.
$1679
+Taxes & other fees (including service charges): $280

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Dec. 31 • 1 wk.
PRIVILEGES
$1729
+Taxes & other fees (including service charges): $280

USA

HAWAII | Honolulu

Aqua Palms & Spa • 3★
Partial city view rm.
Dec. 1 – 7 • 1 wk.
$639
+Taxes & other fees (including service charges): $141

CRUISE

Norwegian Cruise Line[1]

Norwegian Epic
Western Caribbean Cruise
Flight to Miami via Toronto
Interior stateroom, cat. J
Nov. 13 • 1 wk.
$1379
+Taxes & other fees (including service charges): $235

CROWN PARADISE ALL INCLUSIVE RESORT

MEXICO

Puerto Vallarta/Riviera Nayarit

Crown Paradise Club • 4★
All-Inclusive • Standard rm.
Nov. 13 – Dec. 11 • 1 wk.
$829
+Taxes & other fees (including service charges): $275

Golden Crown Paradise • 4★
All-Inclusive • Oceanview rm.
Nov. 13 – Dec. 11 • 1 wk.
ADULTS Only
$869
+Taxes & other fees (including service charges): $275

Golden Crown Paradise

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